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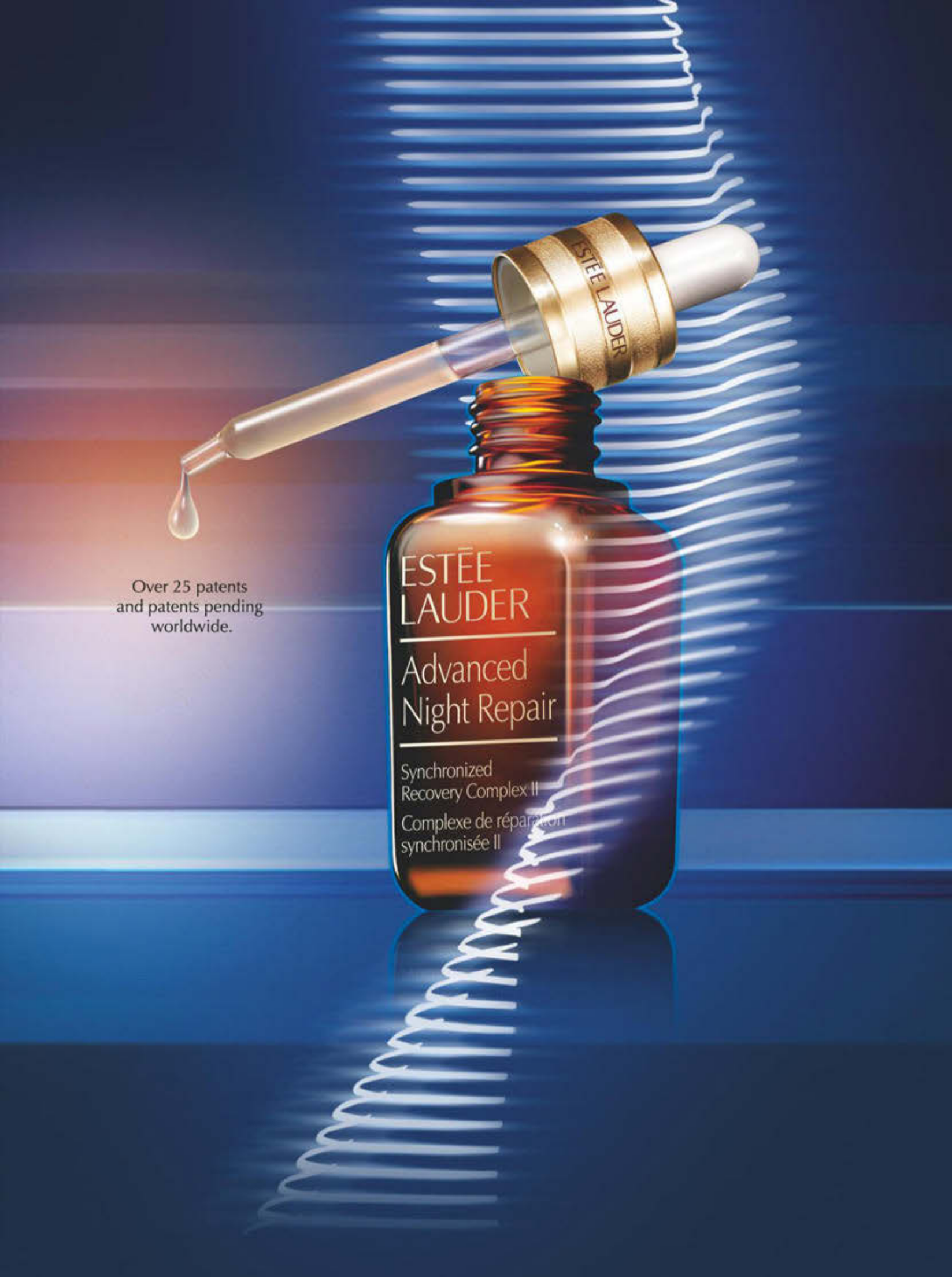
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AUGUST COVER 2015

REECE WITHERSPOON

Styling by Miranda Almond. Hair by Adir Abergel. Make-up by Molly R Stern. Manicure by Amy Ruiz.
Reese wears dress by Giorgio Armani; earrings by Pomellato; ring by Elsa Peretti



EDITOR'S LETTER

Do you have a weekend wardrobe? I have to say, a rail full of pieces that work for breezy brunches and easy lunches just doesn't quite figure in my life. I have work clothes (that I hope no one in my office full of fashion-obsessed girls would criticise me too much on) and 'home clothes' – ie work clothes that have either lost their fashion chutzpah or are just plain horrid. So this month, I asked Robyn, our shopping editor who ceaselessly manages to look super-casual and super-chic, to tell us what she would wear over the weekend (page 56) – and there are no skinny jeans in sight. The other life rules I will be trying to abide by this month are nutritionist Amelia Freer's somewhat strict ones on what not to have for dinner. It was Arabella, *InStyle*'s fashion director, who first told me about Amelia. She has been her nutritionist for several years now and is the reason Arabella carries two hard-boiled eggs around with her during Fashion Week (yes, really). She is also the lady responsible for Sam Smith's new sleek look. Our interview with her on page 167 certainly made me reconsider that second skinny latte. I might even try one of Arabella's ridiculously healthy smoothie recipes (see her videos on InStyle.co.uk and give one a go – they taste delicious). So that's my weekend sorted. Anyone for after-work Prossecos?

Charlotte

EDITOR @CHARL_INSTYLE

Your favourite fashion read is also available on tablet



PHOTOGRAPHS BY VICTORIA ADAMSON, REX FEATURES. WITH THANKS TO THE BARBICAN

STARRING IN THIS ISSUE





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AUGUST 2015

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HADLEY FREEMAN

Scooped up by *The Guardian* while still at university, Hadley says she had 'an absolute hoot with Werner Herzog, snarking about the Oscars and laughing about his critics', but was completely starstruck when she interviewed Michael J Fox: 'I still can't believe I met Marty McFly!' She writes about celeb man crushes on page 124.

Holiday packing time?

'About five minutes, really, as I always pack the same things. I have a very fixed summer holiday wardrobe that hasn't changed in about a decade.'



THOMAS KRAPPITZ

This Paris-based photographer grew up in Germany but moved to Canada aged 18 for art school. It was here, he says, he discovered the beauty of photography and endless creative possibilities that inspired him to pursue a career in it. Thomas says he loves shooting Gisele Bündchen, but when it comes to taking photos of himself he's only ever taken about five selfies in his life. Turn to page 114 to see his shoot with Brit actress Daisy Bevan.

Pre-holiday prep?

'A haircut. I can pack in about ten minutes.'



EMILY DEAN

When *InStyle*'s deputy editor Emily isn't interviewing celebs over boozy lunches for her column *Emily's Table* ('It's the best gig ever, but I'm biased as it's how I met my boyfriend') she's hanging out with Frank Skinner every Saturday co-hosting his radio show. This month, she went to find out the secrets of Amelia Freer, the nutritionist behind Sam Smith's new look (page 169): 'I don't think she was a big fan of my Coke Zero habit.'

Pre-holiday ritual?

'A visit to the Tom Ford of tanning, James Harknett at the W Hotel.'



BEN MACHELL

A writer at *The Times*, Ben says his biggest career break was the first time he was paid for writing: 'It convinced me that I might actually be able to make a living out of this. And who knows? I may yet.' On page 128, he experiences what the average woman endures before jetting off on holiday.

Which of the pre-holiday preps would you do again?

'A pedicure, without a doubt. It's the only one where you can drink while it's happening.'





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INTERVIEWS BY CHLOE MAC DONNELL

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#INSIDEINSTYLE

IF THERE WAS EVER A SIGN THAT THE INSTA-DOG TREND HAD REACHED ITS ZENITH, it was the invite that arrived this month to a Jimmy 'Choo Hound' garden party to honour the canine star of its a/w 2015 campaign, an English bull terrier named Jimmy Choo. Olivia Palermo (whose own dog Mr Butler was sadly not in attendance) was there, but the real A-list highlight for our editorial assistant Chloe was a chance to meet Tuna, the dachshund-chihuahua mix, aka Instagram's premier dog star @tunameltsmyheart (current Instagram following: 1.3 million), who had flown in from LA for a visit. They cuddled and swapped business cards.

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Senior features writer LUCY PAVIA
Editorial assistant CHLOE MAC DONNELL
Features intern ISABELLA SILVERS

FASHION
Fashion director ARABELLA GREENHILL
Executive fashion director NICK SPENSLEY
Fashion editor AMY BANNERMAN
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Senior fashion assistant LULU WENTWORTH
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BEAUTY
Beauty director CASSIE STEER
Acting beauty editor JESSICA LACEY
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WEBSITE
Group digital editor KATE STEPHENS
Group digital deputy editor ELEANOR YOUNG
Digital content editor OLIVIA MARKS
Digital fashion and beauty writer
MAXINE EGGENBERGER
Digital assistant REBECCA GILLAM
For all editorial enquiries, call 020 3148 7399

ART
Deputy art director ANDREW BARLOW
Senior designer PHOEBE SING

PICTURES
Senior picture editor CHARLOTTE HALL
Producer and bookings editor ELISE HALL

COPY
Chief sub-editor SUSAN HENDERSON

LUXURY FASHION HUB
Head of production NICOLA MOYNE
Deputy head of production SOPHIE DAVIS
Chief sub-editor CLAIRE HEARN
Deputy chief sub-editors RACHAEL SANDERSON
Sub-editor LÉA TEUSCHER
Designer JAMES DAVIES
Junior designer VIET TRAN

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Creative director RINA STONE
Design director BRIAN ANSTEY
Assistant managing editors PATRICK MOFFITT,
LAVINEL SAVU
International manager NATALIE McCREA
International coordinator KELLEY CINTRA
International assistant RODERIC DAVID

PUBLISHING
Publisher NINA LAWRENCE

TIME INC.
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Chief content editor NORMAN PEARLSTINE
Executive vice-presidents JEFF BAIRSTOW, LYNNE
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Licensing operations director MARTY GARDNER
Director of editorial operations PAUL ORDONEZ
Manager of advertising sales & marketing
KIRSTIN KELLY
Business development manager CLARISSA DRIBAN

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PA to publishing director RIA HARRIS (020 3148 7664)

ADVERTISING

Retail and beauty manager
BANDI MANZINI (020 3148 7404;
bandi_manzini@timeinc.com)
Head of fashion
KATIE McSWEENEY (020 3148 7584;
katie_mcsweeney@timeinc.com)
Advertising business executive
JAMES ZAMAN (020 3148 7579;
james_zaman@timeinc.com)
Head of agency sales
LINDSAY DEAN (020 3148 3668;
lindsay_dean@timeinc.com)
Regional trading director
RUSSELL MATTHEWS (0161 601 3730)
Digital client manager
AMY McKEAN (020 3148 7590;
amy_mckean@timeinc.com)
Beauty communications director
ZOE ROBERTSON (020 3148 7588;
zoe_robertson@timeinc.com)
Italian advertising
STUDIO CAVALLINI (00 39 02 366 327 60)
French advertising BCN PARIS
MARION BADOLLE-FEICK
(00 33 172712524)
Spanish advertising SPECTRA MEDIA
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Head of marketing
BETHANY BOLT (020 3148 7699)
Marketing and events manager
KATE THOMPSON (020 3148 7684)
Marketing executive
EMILY HANCOX (020 3148 5374)
Subscriptions marketing manager
DIANE HORNBY (020 3148 6295)
Circulation manager
PAUL BURDEN (020 3148 3454)

FINANCE

Editorial business manager ALISON WILLIAMS
(020 3148 7484)
Management accountant JULIE-ANN MUDGE

CREATIVE MEDIA

Acting creative account director
JULIETTE CARRINGTON (020 3148 7610)
Group Creative Media director
MATT DOWNS (020 3148 3681)
Content development director JOANNA RAHIM
(020 3148 3617)
Project director HANNAH SPICE (020 3148 3623)
Shoots director GINNY HENRY (020 3148 3620)
Project manager SHELLEY HALPERIN-SMITH
(020 3148 3654)

CLASSIFIED

Head of sales HOWARD JONES (020 3148 2535)
Acting sales manager SUSIE POWELL (020 3148 2635)
Classified executive AMY ROWLANDS (020 3148 2646)
Copy contact ROSANNE HANNAWAY (020 3148 2506)

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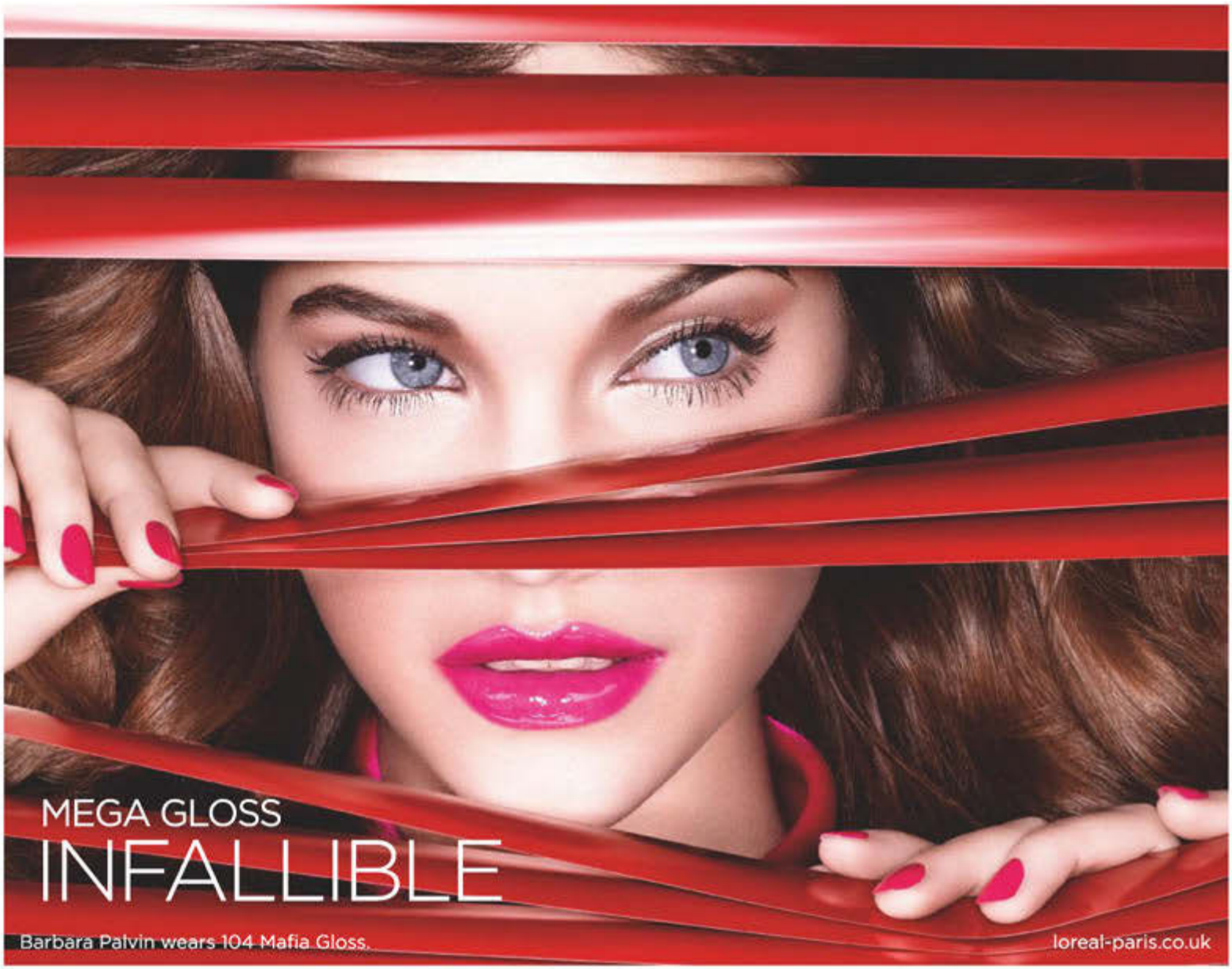
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Bound in and tip on sales manager
JAMES ZAMAN (020 3148 7579)
Regional advertisement manager (Manchester)
STEPHEN WALSH (0161 601 3725;
stephen_walsh@timeinc.com)

PRODUCTION

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Production manager JOHN BOTTEN
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London EC2 (020 7729 1000)

TIME INC. (UK) LTD

Managing director, Luxury JACKIE NEWCOMBE
PA to managing director
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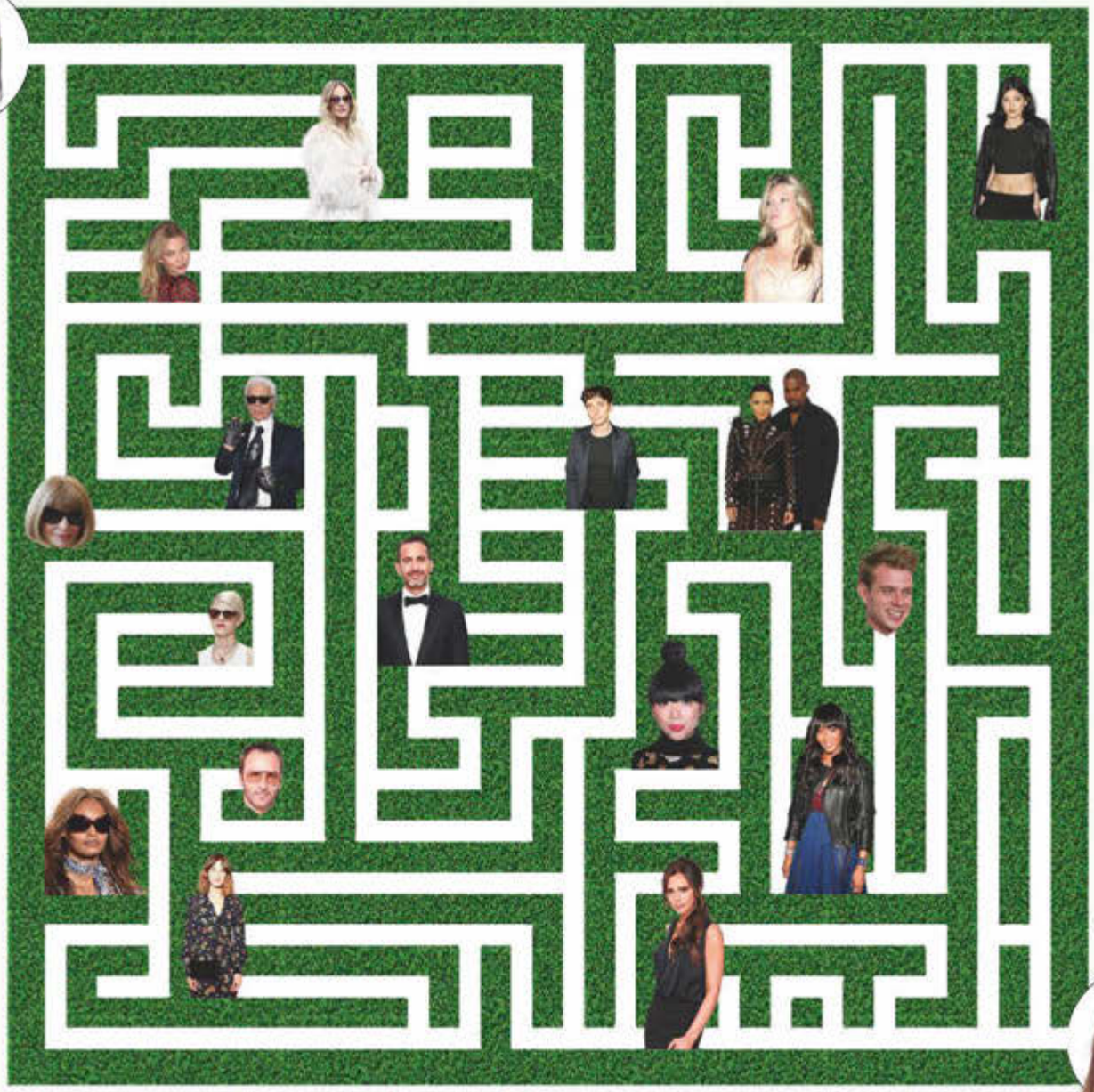
THE TOTALLY BRILLIANT InStyle HOLIDAY PUZZLE BOOK

BY HANNAH ROCHELL











HELP KENDALL FIND CARA

Kendall is stuck at the start of the fashion maze and is trying to find her pal Cara for some fun and frolics. Help her navigate her way, via a whole host of other glamorous celebrities

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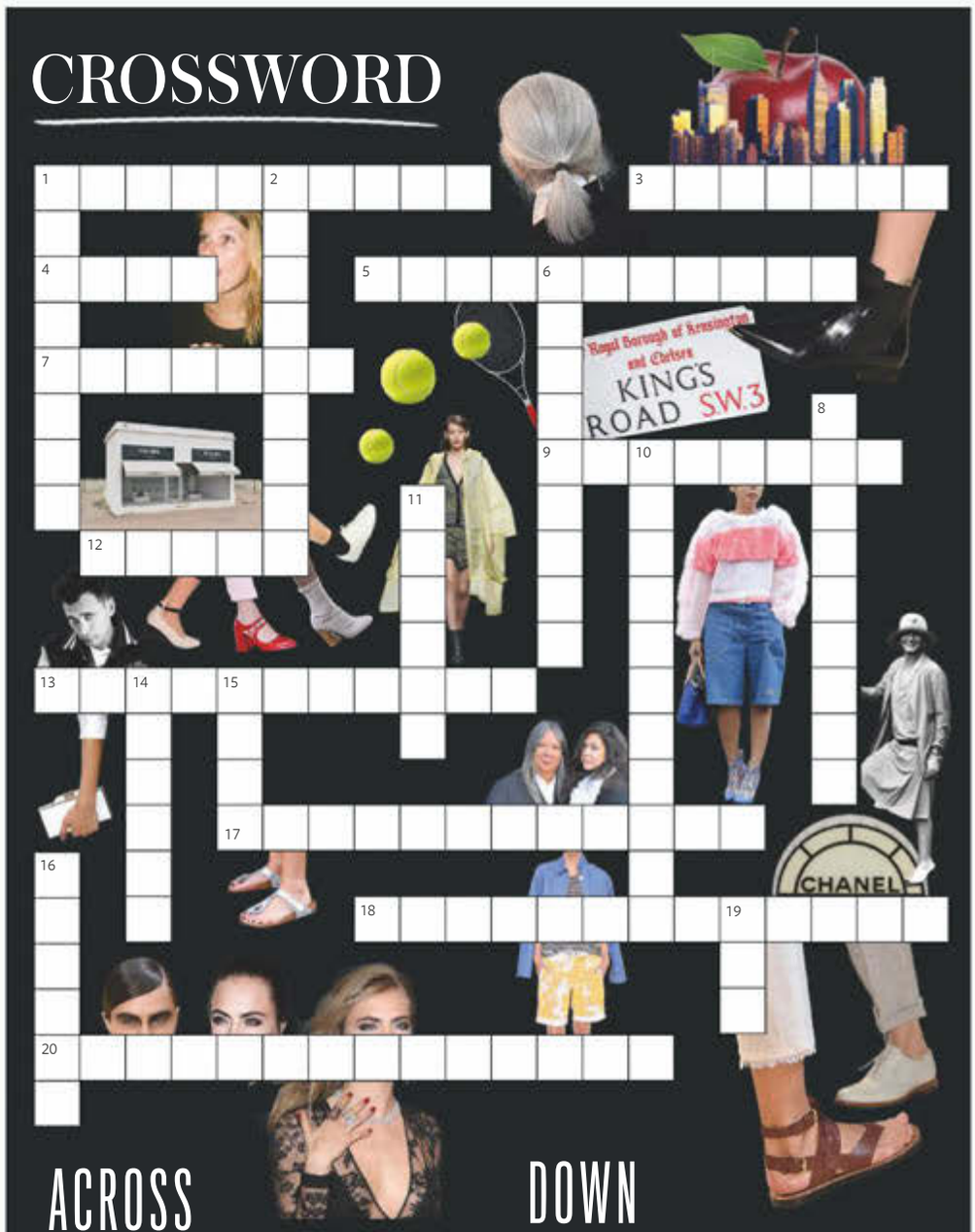


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CROSSWORD



ACROSS

1. The nickname of Chanel and Fendi's creative director (6,4)
3. The US city that hosts Fashion Week (3,4)
4. A large bag suitable for shopping (4)
5. An ankle boot with an elastic inset, named after an area of London (7,4)
7. The first name of Mrs Prada (7)
9. Author of the fashion blog, Style Bubble (5,3)
12. You put them on your feet (5)
13. The designer often credited with popularising skinny jeans, now creative director at Saint Laurent (4,7)
17. German-designed, cork-soled sandals (12)
18. An item of summer clothing named after an island in the North Atlantic (7,6)
20. The model with the most famous eyebrows in the fashion industry (4,10)

DOWN

1. The name of the supermodel who dated Johnny Depp and Pete Doherty (4,4)
2. The name of the creative director at Christian Dior (3,6)
6. The Adidas trainer that is the best-selling tennis shoe of all time (4,5)
8. The real first name of Coco Chanel (9)
10. John Rocha's designer daughter (6,5)
11. Can be both an item of clothing and a term for someone who is a bit of a geek (6)
14. A full, circular skirt with its origins in traditional Alpine costume (6)
15. A fabric that has deliberate slight, lumpy imperfections (4)
16. A small bag with no handle (6)
19. The sewn edge of a garment (3)

Answers over the page

WHO SAID IT? ANSWERS: 1. NAOMI CAMPBELL 2. BEYONCÉ 3. RITA ORA 4. JENNIFER ANISTON 5. TAYLOR SWIFT 6. RIHANNA 7. JENNIFER LAWRENCE 8. KATE MOSS 9. KARLIE KLOSS

SPOT THE DIFFERENCE

WE'VE MADE EIGHT SNEAKY CHANGES TO THE BOTTOM IMAGE OF THE DIOR RESORT SHOW. CAN YOU FIND THEM?



LONDON FASHION WEEK DESIGNER ANAGRAMS

THINK YOU KNOW YOUR DESIGNERS BACK TO FRONT? WE JUMBLED UP SOME LETTERS TO PUT YOU TO THE TEST

1. KITCHENS HERO PAR



2. OBEYS BRR RUM PURR



3. HOSANNAA NERD JUST



4. AMAZON ARK RUTTY



5. MOSAIC HERON



6. RED ME



7. ROAD SANK



8. MASON



9. TREETOP PILOT



10. HALF HOUND LOOSE



GUESS THE BARNET ANSWERS (FROM TOP): PRINCESS DIANA, BRIGITTE BARDOT, DIANA ROSS, JENNIFER ANISTON, FARRAH FAWCETT, TWIGGY, TINA TURNER, AUDREY HEPBURN, GERI HALLIWELL, AMY WINEHOUSE

CROSSWORD ANSWERS (ACROSS): 1. KELSEY PARK 3. NEW YORK 4. TOTE 5. CHELSEA BOOT 7. MIUCCIA 9. SUSIE LAU 12. SHOES 13. HEDI SLIMANE 17. BIRKENSTOCKS 18. BERMUDA SHORTS 20. CARA DELEVINGNE

DOWN: 1. KATE MOSS 2. RAF SIMONS 6. STAN SMITH 8. GABRIELLE 10. SIMONE ROCHA 11. ANORAK 14. DIRNDL 15. SLUB 16. CLUTCH 19. HEM


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WHO SAID IT?

MATCH THE CELEBRITY WITH THE QUOTE

1. *'I make a lot of money and I'm worth every cent'*
2. *'The most alluring thing a woman can have is confidence'*
3. *'I don't get jealous – I get suspicious'*
4. *'I spent my first pay cheque on a vintage Mercedes'*
5. *'Giving up doesn't always mean you're weak; sometimes you're just strong enough to let go'*
6. *'I'm crazy and I don't pretend to be anything else'*
7. *'I can name a lot of things that taste better than skinny feels. Potatoes. Bread'*
8. *'I never did a dirty armpit. You can look dirty, but you can't be dirty'*
9. *'Doors opened for me and I ran for it'*

WORD SEARCH

Find all 20 fashion words hidden in the grid

WORDS MAY BE HIDDEN FORWARDS, BACKWARDS AND DIAGONALLY... GOOD LUCK!

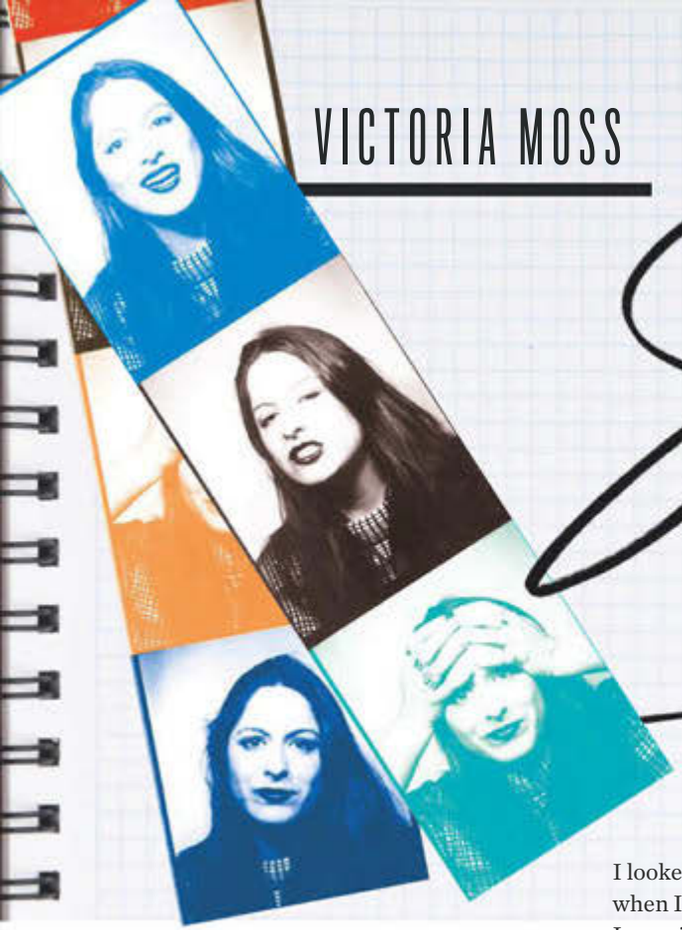
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N	C	O	E	R	J	A	M	E	S	U	I	P	R	B	U	L	I	L	S
C	H	X	D	M	U	L	P	E	P	F	B	O	M	O	L	E	P	L	U
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C	E	M	O	E	O	L	H	C	U	Y	U	M	A	I	C	I	P	I	S
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- [ ] BEANIE
- [ ] BRETON STRIPE
- [ ] BROGUES
- [ ] CATWALK
- [ ] CLUTCH
- [ ] CULOTTES
- [ ] EARCUFF
- [ ] ESPADRILLE
- [ ] FAUX FUR
- [ ] FLATFORMS
- [ ] FROW
- [ ] JUMPSUIT
- [ ] KAFTAN
- [ ] PENCIL SKIRT
- [ ] PEPLUM
- [ ] SKINNY JEANS
- [ ] SUNGLASSES
- [ ] SUPERMODEL
- [ ] TOTE
- [ ] TUXEDO

DESIGNER ANAGRAM ANSWERS (LEFT TO RIGHT): 1. CHRISTOPHER KANE 2. BURBERRY PRORSUM 3. JONATHAN SAUNDERS 4. MARY KATRANTZOU 5. SIMONE ROCHA 6. ERDEM 7. ROKSANDA 8. OSMAN 9. PETER PILOTTO 10. HOUSE OF HOLLAND

SPOT THE DIFFERENCE ANSWERS (LEFT TO RIGHT) 1. BAG TURNED BLUE 2. BOOTS TURNED BLACK 3. TOP GIRL DISAPPEARED 4. GIRLS IN MIDDLE HAVE SAME HEAD 5. GIRL IN BLACK NOW HAS A BAG 6. GIRL ON RIGHT BAG DISAPPEARED 7. RAF SIMONS IN THE WINDOW 8. GIRL ON FAR RIGHT NOW IN YELLOW


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VICTORIA MOSS

WHAT She SAID

There are bigger issues thanthe size of your arse, and it's time the fashion world listened

I once wrote a piece about how I lost a load of weight and finally fitted into a pair of size 32 jeans. Later, those jeans became so big I'd wear them just so I could be simultaneously irritated and smug when I had to constantly pull them up as they perilously dangled off my down-sized bum. I lost weight by culling my diet to protein, vodka and coffee, which I complemented with fervent cigarette smoking. It worked like a charm. For a while, I was not thin exactly, but a lot less than now. When I squeezed into size 30 jeans, I danced around the changing room and then cried with relief.

That original pair of size 32 jeans is now too small for me to squeeze my re-upsized rear into, so I'm back on the merry-go-round of no carbs and no sugar until they do (I've since given up smoking which means it's going to be a lot harder this time. I'd love to say it hasn't crossed my mind to start again).

I've always been a bit chubby, overweight, fat, large... At ten-years-old I knew I was fat and unattractive because that's what the boys in my class (and ones in my family sometimes, too) reliably, frequently, mockingly, callously told me. I heard these things before it had occurred to me that my body and my looks could be something I was judged on and castigated for. I remember feeling confused when I looked back, aged 16, at pictures of myself when I was younger, and thinking, 'but I wasn't even fat'. I had become so, though. Fuelled by a complete lack of self-confidence and cake, I ballooned. There are hardly any photographs of me as a teenager because, disgusted by my appearance, I destroyed them all. When I hear the word 'fat', I still flinch, as only someone at whom that term has been directed as a bitter insult can.

Last year, I interviewed the size 16 model Candice Huffine. I've never thought a lot about how models affect me personally. I've been watching their lithe bodies traipse down catwalks for years. It is true, however, that when I evaluate a show, it is on the 'collection' – on the ideas, on how something will look when shot in a magazine. I've never looked at a model on a catwalk and seen anything of myself reflected. Candice Huffine is beautiful. She is also around a similar size to me. Her arms wobbled a bit like mine, her tummy edged a little over her waist band. And I'm sure she doesn't fit into every pair of jeans that she tries on, either. For the first time, I related to a model. I was surprised at how much of a comfort and relief I found this.

'I don't want to feel inadequate because I don't meet Protein World's expectations of a beach-ready body'

I've spent years ignoring the world's – and my own – issues with weight. When offered help while out jeans shopping I've been embarrassed to have to say, 'I'm a 32, that's the biggest size you do, so if I can't wrench my thighs into them, then there's not much help you can give.' And when the smiling sales girl holds up a pair of boyfriend jeans and tells me that 'they come up large, you should probably go down a size' – I smile and take them, knowing that this will not be true. If anything, they have little stretch in them, so little chance of doing up (the irony is that if you're bigger, it's easier to get a pair of skinny jeans on than 'oversize' ones). Of course, if the vile Katie Hopkins or pop stars like Jamelia got their way, I'd just shuffle off to a specialist shop to buy something to cover my enormous arse, with the requisite amount of shame for women like myself who struggle saying no to a salted caramel brownie (something that young women such as Eloise Parry, who died taking diet pills, might still like the chance to do).

I want to get back into those jeans because I won't have anything to wear otherwise. I have a room full of beautiful clothes that I love. But I don't want to feel ashamed about my size. I don't want to feel inadequate because I don't meet Protein World's expectations of a beach-ready body. It shouldn't matter if I was a size 2 or 22. We shouldn't still need to have this conversation. We should be better than that. And fashion should reflect all of its fans.

@MISSVMOSS



INSTYLE ACCESS

Louis Vuitton Resort 2016

WHEN 7 May, for the house's 2016 resort show.
WHERE The Bob Hope estate, Palm Springs, California, USA.
WHY The fact that Louis Vuitton booked out over 800 rooms in Palm Springs for show guests proves just what a big deal resort collections are. Sometimes called 'cruise' in reference to the show's winter holidaying clients they were originally intended for, resort hits the shops between winter and summer. Nicolas Ghesquière's *Game Of Thrones*/90s boho designs, with their peekaboo waistlines and criss-cross belts, were gorgeous. Swoon.



WORDS BY HANNAH ROCHELL. PHOTOGRAPH BY LOUIS VUITTON



NOTES FROM THE FASHION DESK



JUST ADD TRAINERS

Flares are everywhere this season. Fact. If you think they're only for 6ft glamazons or that you need 7in heels, think again. This month J. Brand launches the 'Sneaker Flare' so you can rock them whatever your height. Jeans, £245, J. Brand (selfridges.com)

COOL COLLABS

WE LOVE A LINK-UP





VIVIENNE WESTWOOD X CAMBRIDGE SATCHEL COMPANY

Dame Viv has added iconic prints to the classic satchels. Bags, from £115, The Cambridge Satchel Company (cambridgesatchel.com)



FANCY A CROISSANT?

FASHION FEAST

Are you fashion hungry? So, it seems, is Kaiser Karl. For Chanel's a/w 2015 winter show he transformed the inside of the Grand Palais into the world's largest brasserie. You could even order coffee and a croissant at the bar. Now that's our kind of runway show.



WHISTLES X FRAME

This month, fashion-crowd favourite Whistles launches its first sportswear range with Frame Fitness. Street style at its finest. Top, £55, Whistles (whistles.com)



BACK TO BASICS

Our wardrobes have never been the same since COS launched in 2007. The go-to brand for minimal basics is supporting the Serpentine Gallery this summer, and to celebrate they've designed this rucksack. Bag, £89, COS (cosstores.com)





PRETTY LOAFERS X LEAH WELLER

Uber-cool Leah Weller's teamed up with Pretty Loafers to create a collection inspired by her mod roots. Shoes, from £139, Pretty Loafers (prettyloafers.co.uk)

WORDS BY NICK SPENSLEY. PHOTOGRAPHS BY JASON LLOYD-EVANS, GETTY IMAGES



FASHION CUPBOARD CONFIDENTIAL

NICK SPENSLEY ON WHAT'S LANDED THIS MONTH

WHAT Bikini, £60, Triumph (triumph.com)
WE LOVE The nautical vibe.





WHAT Bag, £1,790, C de Cartier (cartier.com)
WE LOVE The gorgeous teal shade.

WHAT 'Marylebone' Journal, £95, Aspinal (aspinaloflondon.com)
WE LOVE The metallic shine.





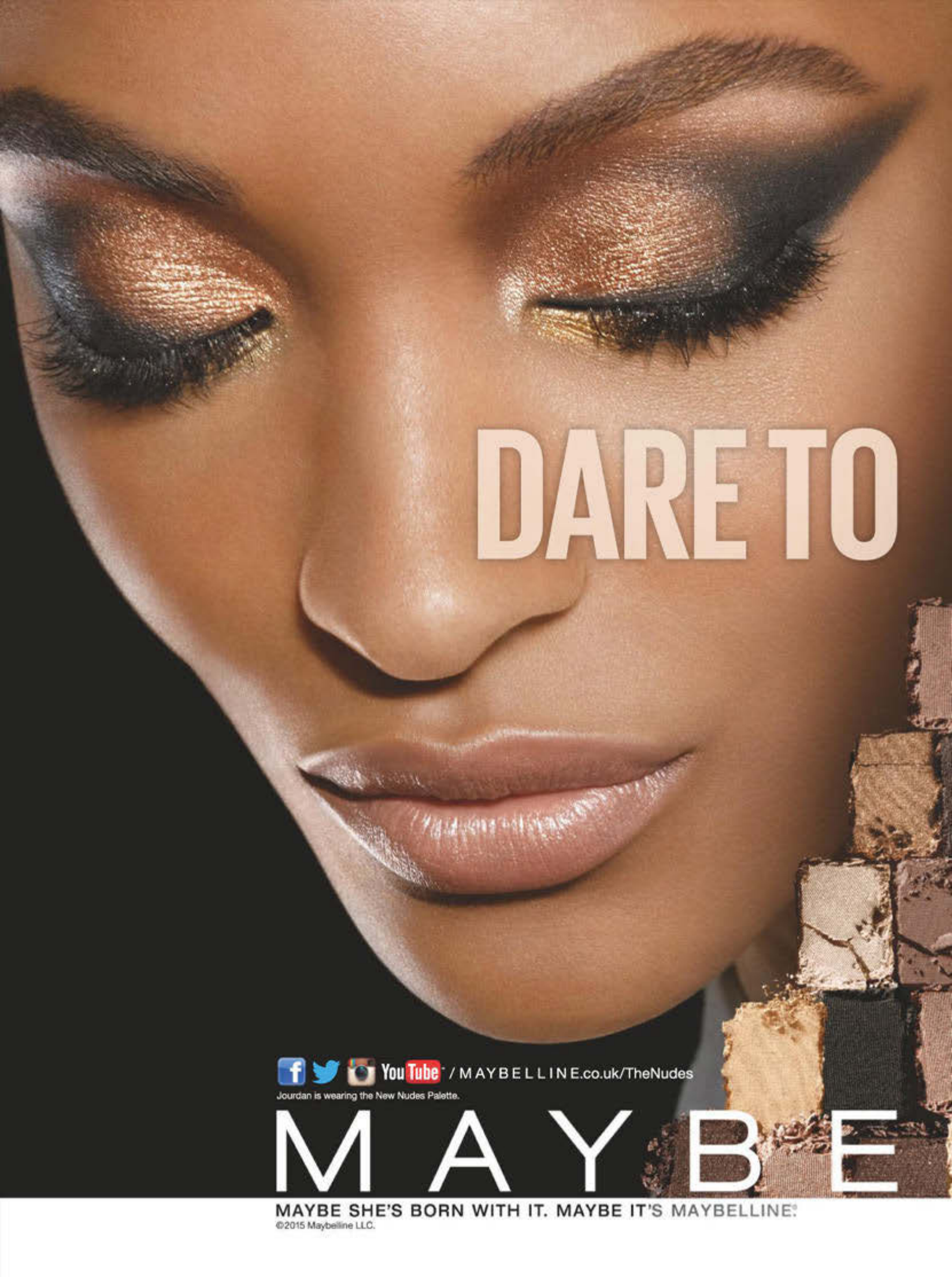
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Jourdan is wearing the New Nudes Palette.
MAYBE
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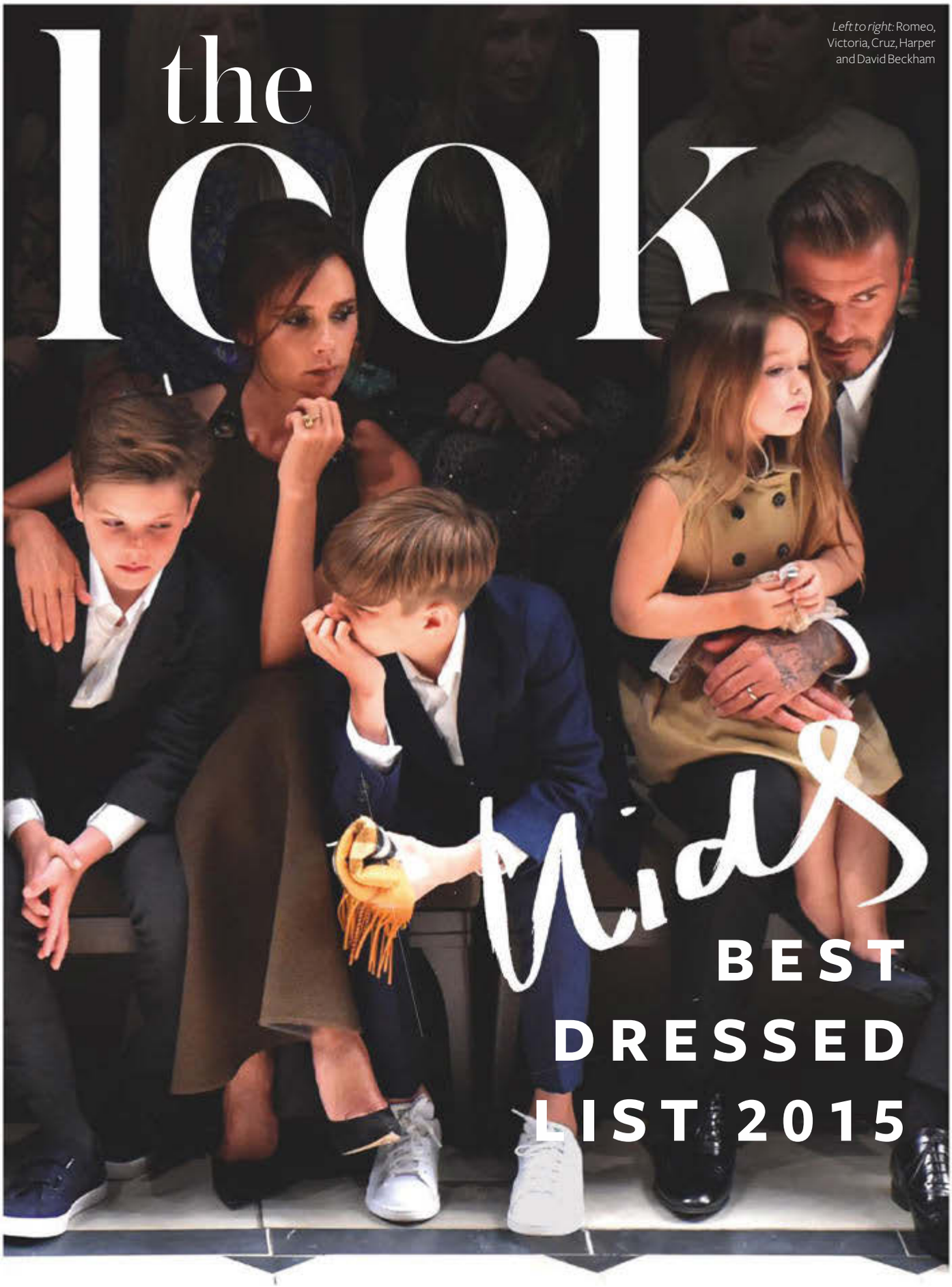

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the look



Left to right: Romeo, Victoria, Cruz, Harper and David Beckham

kids

BEST DRESSED LIST 2015

Is this the most stylish family ever? Whether it's Cruz's classic Adidas Stan Smith trainers or Harper's trench-style pinafores, we can't get enough of the Beckham clan's wardrobe. But they're by no means the only dapper mini-mes on the circuit. In this kids' special, we look at the most chic showbiz offspring in the world.

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FLYNN CHRISTOPHER BLOOM

The son of Miranda Kerr and Orlando Bloom was always going to nail it in the genes department, but guess what? He totally nails it in the jeans department, too. Love those rock'n'roll skinnies paired with a hipster cardigan, desert boots and a killer smile. What a dude!

Left (trousers, from top), from £50, Billy Bandit (houseoffraser.co.uk); £30, Mini Rodini (minirodini.com); £78, Stella McCartney (stellamccartney.com); from £10, Next (next.co.uk)

flynn

Fynn with his mother, Miranda Kerr


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BLUE IVY CARTER

Even we grown-ups envy the wardrobe of sneaker-freak Blue Ivy. She knows how to kill it on Instagram, too. Shoefie? Tick. Personalised leather jacket? Tick. Pout perfection (practised with her mum, Beyoncé)? Triple tick.

Below (trainers, left to right): £37, Adidas (schuh.co.uk); £30, Converse (schuh.co.uk); £52.90, Lelli Kelly (step2wo.com); £27, Vans (schuh.co.uk); from £14, Next (next.co.uk)



Left to right: Soo Joo Park, Hudson Kroenig and Karl Lagerfeld

Hudson

HUDSON KROENIG

Who needs celebrity parents when you can count Karl Lagerfeld as a fan? OK, so his dad is the model Brad Kroenig, but Hudson has walked the runway for Chanel and starred in Fendi campaigns, so we reckon he's the real star in the family. Oh, and he's been choosing his own Nike trainers since the age of three. How cool is that?

ANJA LOUISE AMBROSIO MAZUR

Sometimes you can't beat being a girlie girl, and we love Anja's summery vibe here. What could be better than hanging out on a super-chic quilt with all your favourite toys and your beautiful model mum, Alessandra?















Right (*dresses, from top*): £71, Burberry (selfridges.com); £34, Billieblush (houseoffraser.co.uk); £74, Jessie & James, (jessieandjames.co.uk); from £57, Little Marc Jacobs (childrensalon.com); from £15, Next (next.co.uk)


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Skyler

SKYLER BERMAN

Stylist Rachel Zoe's son Skyler seems to have figured out his own personal style at the tender age of six, but it looks as if his younger brother, Kai, is giving him a run for his money.

Left (*boots, from top*): £100, Emporio Armani (armani.com); £52, Akid (akidbrand.com); £75, Camper (camper.com); £55, Kickers (kickers.co.uk); £80, Timberland (timberlandonline.co.uk)









NORTH WEST

North and Kim are the queens of matchy-matchy, mother-daughter dressing, and are *really* fond of head-to-toe black or white looks. We particularly love that slicked-back bun, bomber and Dr Martens ensemble.

Clockwise (*T-shirts and polo shirts, from above*): £4.50, Tu at Sainsburys (sainsburys-live-well-for-less.co.uk); £34, Kenzo (selfridges.com); £25, Ralph Lauren (selfridges.com); £5.99, H&M (hm.com); £5, Matalan (matalan.co.uk)







North

VIOLET AND SERAPHINA AFFLECK

Their parents may be Ben Affleck and Jennifer Garner, but here are two celebrity gals who are more interested in playing on the beach than doing the things most of their contemporaries get up to, such as attending fashion shows with their parents. How refreshing!

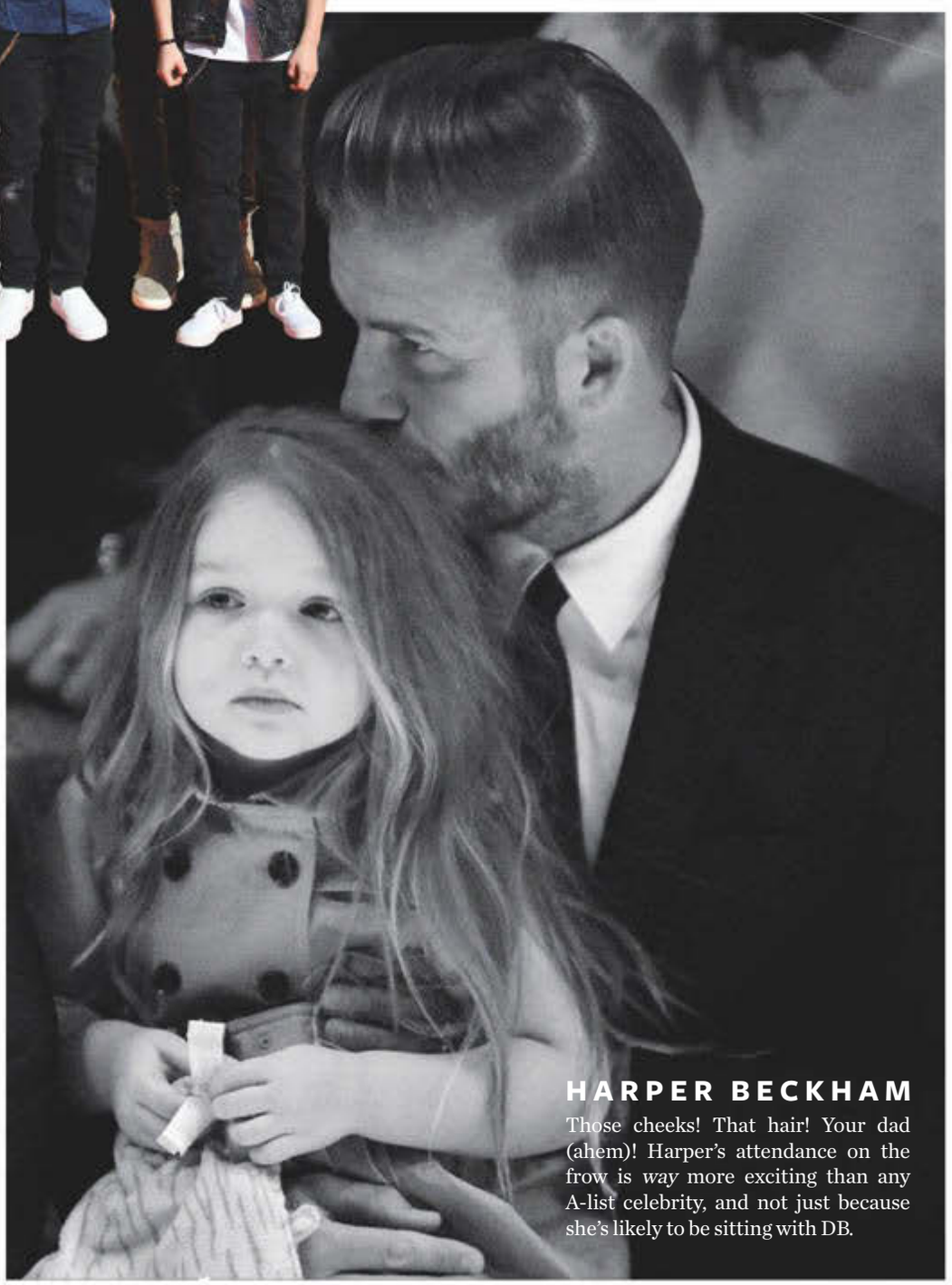


The Beckhams



BROOKLYN, ROMEO AND CRUZ BECKHAM

Don't they grow up fast? Lithe Brooklyn is now a suave young David 2.0. He's usually in dapper black jeans, shirt and trainers, always topped off with the trademark Beckham grin.



HARPER BECKHAM

Those cheeks! That hair! Your dad (ahem)! Harper's attendance on the frow is *way* more exciting than any A-list celebrity, and not just because she's likely to be sitting with DB.



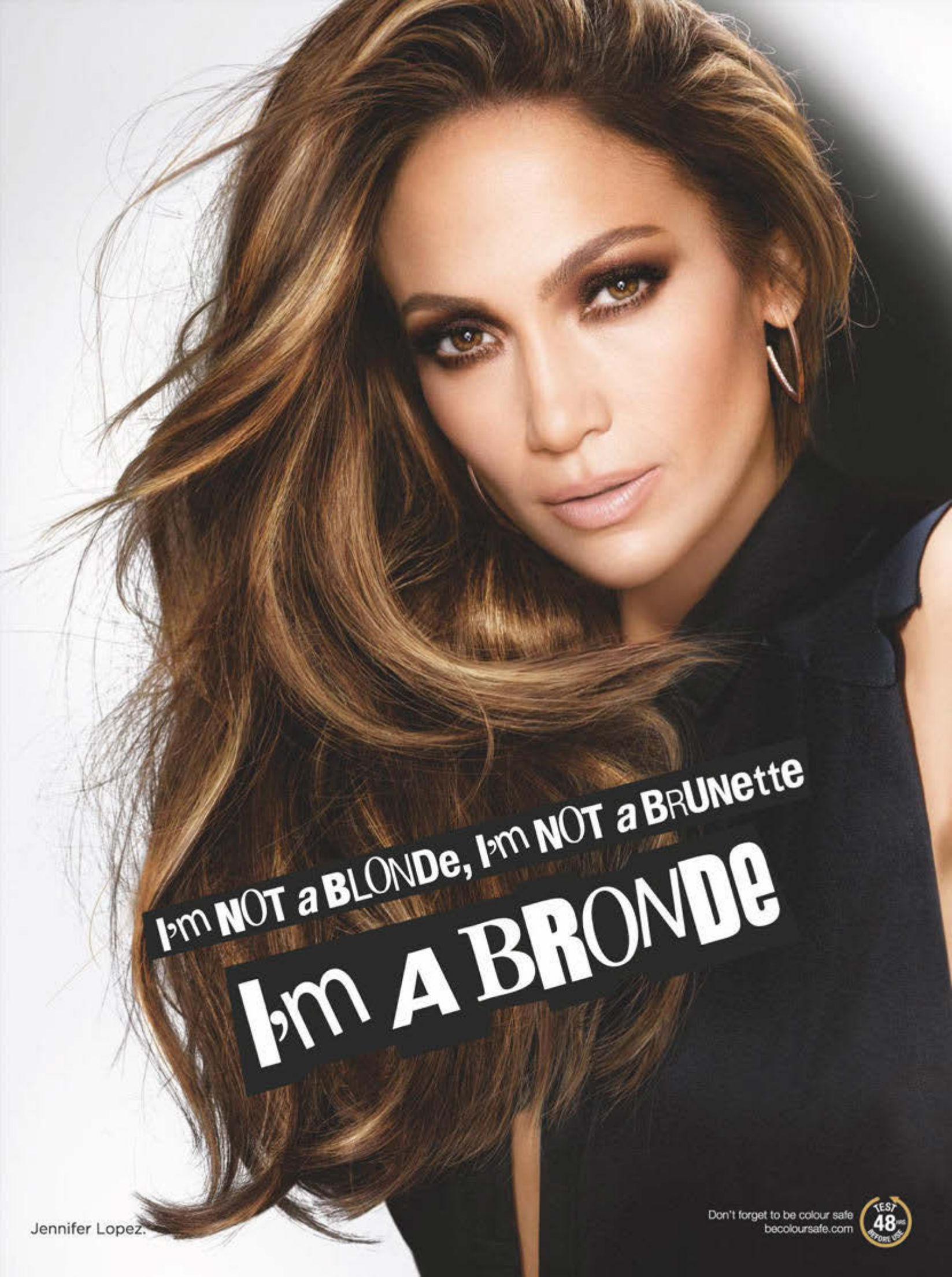




Left (jackets, from top): £75, Moncler (moncler.com); £146, Chloé (selfridges.com); £56, Timberland (houseoffraser.co.uk); from £37, Carrément Beau (houseoffraser.co.uk)

WORDS BY HANNAH ROCHELL. PHOTOGRAPHS BY GETTY IMAGES, REX FEATURES, PLANET PHOTOS, SPLASH NEWS, XPOSUREPHOTOS.COM, VANTAGE NEWS, WENN.COM, INSTAGRAM/BEYONCÉ


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your look



Easy pieces to totally nail your ***weekend look***; hot ***holiday buys*** that won't blow the budget; plus our ***new-season*** style edit

PHOTOGRAPH BY JACK CLARK. MOHAIR CARDIGAN, £700, MAX MARA (MAXMARA.COM); TROUSERS, £221, BARBARA BUI (BARBARABUI.COM); SHORT GOLD-PLATED SILVER AND ROSE PEARL EARRING, £56, GOLD-PLATED AND PEARL DROP EARRING, £45, SILVER AND PEARL RING, £56, GOLD-PLATED SILVER AND THREE-PEARL RING, £54, GOLD-PLATED SILVER AND PEARL RINGS, £56 EACH, ALL PERNILLE CORYDON (PERNILLECORYDON.COM); GOLD-PLATED SILVER AND ROSE PEARL BRACELET, JUST SEEN, £65, PERNILLE CORYDON (THE-DRESSINGROOM.COM); WHITE BRASS AND CRYSTAL NECKLACE, £445, STELLA McCARTNEY (STELLAMCCARTNEY.COM)



Bag, £240, Diesel (diesel.com)

The essential

Sandals, £125, Ancient Greek Sandals (ancient-greek-sandals.com)

Top, £85, Raey (matchesfashion.com)

PHOTOGRAPHS BY

ELLA PARKES

WEEKEND cool

There's more to a weekend wardrobe than Breton stripes. Shopping editor Robyn Kotze shares some off-duty inspiration

Shorts, £135, APC (matchesfashion.com)

Jacket, £529, Sandro, (uk.sandro-paris.com); top, £33, Iris and Ink (theoutnet.com); jeans, £219, AG (matchesfashion.com)

Sunglasses, £295, FUZ by Oliver Goldsmith (olivergoldsmith.com)



Shoes, £390, Mulberry (020 7491 3900)





Top, £155, Sandro (uk.sandro-paris.com); trousers, £200, Jacquemus (dover streetmarket.com); shoes, £442, Newbark (net-a-porter.com); sunglasses, Robyn's own; necklace, £4,220, Bee Goddess (020 7730 1234); watch, £109, AARK (aarkcollective.com); bracelet, Robyn's own; ring, £150, Monica Vinader (monicavinader.com)



Jacket, £120, ASOS (asos.com)



Top, £48, The Fifth Label (urbanoutfitters.com); hat, £295, Laura Aspit Livens (020 7493 7067)



Sandals, £350, Jimmy Choo (jimmychoo.com)



Hat, £110, SensiStudio (matchesfashion.com)

Robyn x

ROBYN'S TIP

Printed accessories or a cool tan suede jacket will lift your favourite boy-friend-fit trousers

Top, £235, Elizabeth and James (matches fashion.com)

Robyn x

ROBYN'S TIP

Show some skin the cool way with a deep V-neck printed top. Clash it up with a colour-block bag

Vest, £29.99, H&M (hm.com); shirt, £46, Urban Outfitters (urbanoutfitters.com); shorts, £452, Tibi (tibi.com); bag, £295, Coach (uk.coach.com)

Bag, £685, Pierre Hardy (matches fashion.com)

Dress, £365, Sea NY (net-a-porter.com); sunglasses, Robyn's own; short necklace, £1,330, Lito (doverstreetmarket.com); mid-length necklace, Robyn's own; long necklace, £295, LeiVanKash (leivankash.com)

Shoes, £89, Nine West (ninewest.co.uk)

Sunglasses, £237, Oliver Peoples (oliverpeoples.com)

Forever prints.

Shirt, £95, Topshop (topshop.com); trousers, £35, Marks & Spencer (marksandspencer.com); ring, £170, Monica Vinader, (monicavinader.com)

PHOTOGRAPHS BY ALAMY. HAIR AND MAKE-UP BY FRANCES DON USING LANCÔME AND L'ORÉAL



Boots, £480, Margiela (selfridges.com)

Shorts, £60, Levi's (houseoffraser.co.uk)



Top, £265, Elizabeth and James (liberty.co.uk); jeans, £235, Victoria Beckham Denim (net-a-porter.com); sandals, £35, Next (next.co.uk)



Sweater, £240, Joie (020 7730 1234); skirt, £85, Topshop (topshop.com); sunglasses, £295, Oliver Goldsmith (olivergoldsmith.com); short necklace, £1,330, long necklace £2,240, both Lito (doverstreet market.com)



Trousers, £280, Paige Jeans (selfridges.com)

Saturday Suede

Saturday 15

Robyn x

ROBYN'S TIP

Swap your work handbag for a basket tote. Team with city shorts or 3/4-length trousers



Bag, £315, Maje (uk.maje.com)



Bag, £430, Gerard Darel, (gerarddarel.com)

Unilever

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MIX IT UP
Have fun with colour pairings

£175, Russell & Bromley (russellandbromley.co.uk)



£75, Shellys (schuh.co.uk)



£95, Kurt Geiger (kurtgeiger.com)





£50, Schuh (schuh.co.uk)



£45, Teva (teva.co.uk)



SHOES WE LOVE

COLOURFUL COMBOS

Why settle for just one hue when you could wear two – or three – at once

£445, Christian Louboutin (christian louboutin.com)



Trainers + dress. Think beyond the morning commute



£572, Mary Katrantzou (mary katrantzou.com)

£59.99, Mango (mango.com)

£650, Nicholas Kirkwood (nicholas kirkwood.com)





£99, Boden (boden.co.uk)



Black and red is the ultimate power pairing

SUNNY DELIGHT
A flash of yellow gives neutral flats the fun factor



£85, Rebecca Minkoff (shopbop.com)



£28, Next (next.co.uk)



Your favourite fashion read is also available on tablet

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INSTANT STYLE

Perfect cover-ups

Forget last-minute jacket panics, we've found the dream pieces to throw on over your summer look



SUNGLASSES
£285, Thierry Lasry
(thierrylasry.com)

HAT
£168, Renli Su
(renlisu.com)

MAC
Knot the belt to define and flatter your waist.
£395, Toga Pulla
(matchesfashion.com)

BAG
£350, Aspinal of London
(aspinaloflondon.com)

DRESS
£39.95, Gap
(gap.co.uk)

SANDALS
£55, Hunter
(hunterboots.com)

WORDS AND STYLING BY

ROBYN KOTZE

The SUMMER MAC

WHY IT WORKS Wearing a longer coat over a short shift dress means you can show your legs without flashing too much flesh.
TIP Go for modern pool slides to bring this classic look up to date.


READ MY LIPS:
FULLER
DOESN'T MEAN
LOOKING FAKE!
HANNAH, 35 #THISISME
Millions of women use facial fillers to ease away fine lines and wrinkles and restore fullness for natural-looking results.
If you've been wondering about facial fillers, why not arrange a hassle-free consultation with an expert practitioner? You'll be able to chat about how facial fillers can freshen and revitalise your look.
To find out if facial fillers are right for you, book yourself in for a chat or read Hannah's story: this-is-me.com
Juvéderm
Date of preparation: January 2015. UK/0040/2015



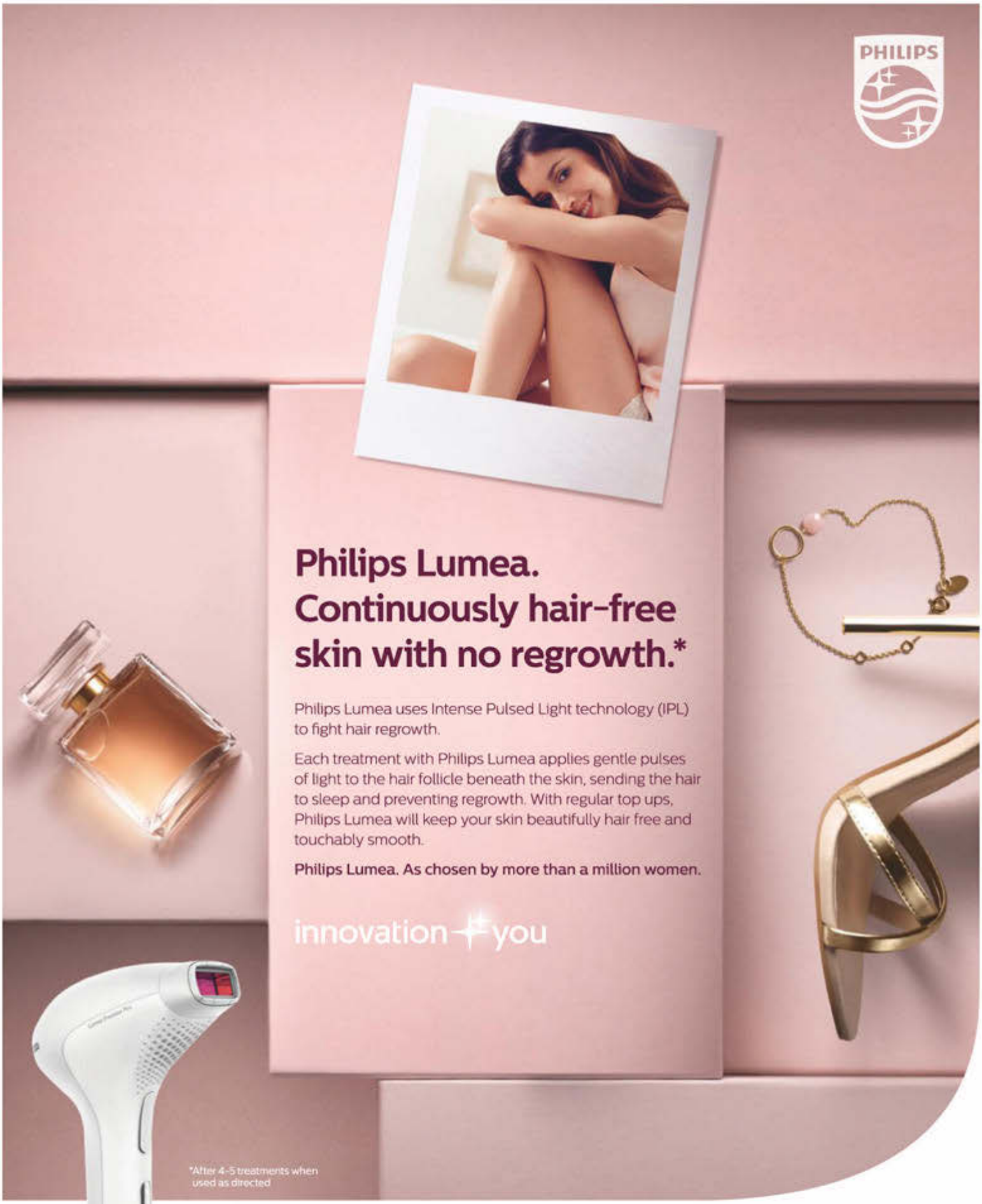
The SUEDE TRENCH

WHY IT WORKS Navy suede is this season's must-invest, and the silky jumpsuit-style two-piece makes the perfect textural contrast.
TIP Add pops of clashing colour in the accessories for stand-out style.



The UTILITY BOMBER

WHY IT WORKS The bomber cut is a softer take on military chic and looks relaxed with a delicate print and untucked shirt.
TIP Pep up the neutral tones with vivid red shoes.


PHILIPS
Philips Lumea.
Continuously hair-free
skin with no regrowth.*
Philips Lumea uses Intense Pulsed Light technology (IPL) to fight hair regrowth.
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Philips Lumea. As chosen by more than a million women.
innovation you
*After 4-5 treatments when used as directed
Find out why more than a million women have already chosen Lumea
philips.co.uk/lumea
PHILIPS

INSTANT STYLE

GLASSES
£210, Eye Respect
(eyerespect.com)

SWEATER
£59, COS
(cosstores.com)

COAT
Great to throw on over *everything*, it would look brilliant with a simple dress.
£89, Plümo
(plumo.com)

BAG
£125, Modalu
(modalu.com)

TROUSERS
£235, By Malene Birger (bymalene birger.com)

SANDALS
£355, Newbark
(matchesfashion.com)

HAT
£200, Super Duper
(Ilflor.com)

JACKET
£49, Monsoon
(monsoon.co.uk)

SUNGLASSES
£28, Le Specs
(lespecs.com)

BAG
£995, Givenchy by Riccardo Tisci
(givenchy.com)

SHIRT
£40, BDG
(urbanoutfitters.com)

SKIRT
£79, Topshop
(topshop.com)

SHOES
Patent loafers add Parisian style.
£140, Bass Weejuns x William Fox & Sons
(stuartslondon.com)

The DUST COAT

WHY IT WORKS A mixture of sharp tailoring, cotton cover-up and structured accessories is brought together by the toning colours.
TIP Wear a cropped top for a clean silhouette under the loose-fit coat.

The MODERN BOHO

WHY IT WORKS This lace-up suede skater skirt is the perfect shape and texture for the boxy woven jacket.
TIP If clashing prints, keep to a theme like these graphic designs.

JACKET
Cropped in the body and sleeves is the only way to go.
£48, Waven (urban outfitters.com)

TOP
£478, Suno (sunony.com)

BAG
£620, Marni (020 7245 9520)

TROUSERS
£132, Keepsake (veryexclusive.co.uk)

SANDALS
£198.44, Club Monaco (shopbop.com)

WAISTCOAT
£525, Tibi (net-a-porter.com)

SHIRT
£45, COS (cosstores.com)

SHORTS
£230, Tara Jarmon (tarajarmon.com)

BAG
£22, Next (next.co.uk)

SHOES
Croc-effect skate shoes toughen the look.
£124, Sol Sana (sol-sana.com)

The CROPPED DENIM

WHY IT WORKS It shows off your waist *and* allows you to go statement from the hips down. Bonus.
TIP Choose strappy heels to balance out the proportions.

The CROCHET WAISTCOAT

WHY IT WORKS This preppy shirt-and-shorts combo is kept relaxed by the waistcoat for easy-to-wear summer style.
TIP Pair crochet with other textures, like this embroidered hem.

STILL LIFES BY PIXELEYES

Get set, GLOW

Don't miss your £2 off St.Tropez Gradual Tan In Shower Lotion, exclusively at Boots stores





We know you're going to love the St.Tropez Gradual Tan In Shower Lotion that comes free with this issue of *InStyle*, which is why we're also offering £2 off your next purchase, exclusively at Boots stores. The most convenient way to build a gradual, sun-kissed tan, this new product is revolutionising the tanning world and takes just three minutes as part of your daily shower regime. Plus, your skin feels soft and silky thanks to the Sweet Almond Oil that gives up to 24-hour moisturisation. This untinted lotion is the best way to build a subtle, healthy glow all year round. As soon as you apply it to wet skin, the tanning agent starts to work, developing gradually and deepening with reapplication, so you can use it daily to build your chosen depth of colour. It's ideal for first-time tanners and those with busy lifestyles. Plus, before your holiday, it's the easiest way to get your base tan going, and to maintain your glow when you're back.

ST.TROPEZ

£2 off / €3 in R.O.I

St.Tropez Gradual Tan
In Shower Lotion 200ml

Valid from 11th June 2015 - 31st Aug 2015

TERMS & CONDITIONS: Coupon must be presented with your purchase and Advantage card to get this offer. Normal advantage card terms and conditions apply. Subject to availability in selected stores. Coupon can only be used once. Coupon cannot be used online, via in-store ordering or at boots treat street. 1 coupon per transaction. No cash alternative. We reserve the right to cancel/vary this offer without notice. Photocopies not accepted. coupon is non-transferable and cannot be applied after purchase.

Boots
let's feel good

gsk

Now you can

have sensitive tooth care **and** whiter teeth.*



Sensodyne True White cares for sensitive teeth and is 10x less abrasive than many everyday whitening toothpastes.

*with twice daily brushing

SENSODYNE and **the rings device** are registered trade marks of the GSK group of companies.

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let's feel good

At most Boots stores. Subject to availability. Please see http://www.boots.com/ordertodaycollecttomorrow for full terms & conditions about the Order & Collect service. Geographical exclusions apply.



#LUSTLIST

HOT SHADES

Another reason to love summer – you get to wear awesome sunglasses like these

1. £115, Triwa (triwa.com) **2.** £310, Fendi (fendi.com) **3.** £280, Oliver Peoples (oliverpeoples.com)
4. £219, Céline (00800 7234 5600) **5.** £160, Finlay & Co (harveynichols.com) **6.** £182, Michael Kors (sunglasshut.com) **7.** £225, Miu Miu (davidclulow.com)
8. £605, Prada (sunglasshut.com) **9.** £465, Chanel (020 7493 5040) **10.** £210, Eye Respect (eyerespect.com)

STYLING BY LULU WENTWORTH

Q&A

#ASK HENRY

Got a burning fashion question? Our columnist **Henry Holland** comes to the rescue with some spot-on style advice. Trust him – he's a professional

Q I'm not a fan of kaftans but I hate strutting around in my bikini on holiday. Can you suggest a cooler cover up?
JADE, MARGATE

A There are some really great easy throw-on T-shirt dresses that are much younger and fresher than a classic printed floaty kafty and far less *TOWIE* in Marbella. I like the grey marl one from Title A, and a couple of friends have this as perfect summer afternoon in the park dress through to beach cover up. Sporty and modern.



Q I'm going to a beach wedding but I've no idea what to wear. Should I go more casual? Are flat sandals acceptable?
KRISTEN, CROYDON

A This is very dependent on the bride and groom and what their thoughts are on beach wedding attire. You do not want to be the crazy girl in the corner in a bikini when the rest of the wedding party is in summer linen. I would suggest something light and colourful that you could pair with a flat shoe. Stumbling through the sand in a stiletto heel like drunk Bambi is not the best look.

Kate Moss works effortless beach chic

DRESS £180, Edit (liberty.co.uk)



DRESS £70, Être Cécile (etrececile.com)

Cara's oversize tee is the perfect cover up



SHOES £130, J Crew (net-a-porter.com)



This print is the perfect mix of fun and smart

DRESS £19.99, New Look (newlook.com)



SHOES £495, Bionda Castana (biondacastana.com)

Q I'd like to wear a hat on holiday but baseball caps don't suit me and I don't want to be another straw trilby wearer.
VICTORIA, EALING

A I feel your pain here. I cannot wear hats as I need my quiff on show at all times to distract from my huge nose. What about a scarf round the head? You can tie it in loads of different ways and it will do the job of keeping your hair out of your face while you look chic by the pool.



SCARF £190, Liberty x Sophie Hulme (liberty.co.uk)



SCARF £395, Alexander McQueen (alexandermcqueen.com)

TWEET YOUR FASHION QUESTIONS TO @INSTYLE_UK WITH #ASKHENRY

STYLING BY EMMA HARGADON. PHOTOGRAPHS BY JASON LLOYD-EVANS, REX FEATURES, GETTY IMAGES

WHATEVER YOU'RE DOING...



SHOPPING TRIP



WORK READY



DATE NIGHT



DAY TRIP



GIRLS NIGHT IN



GIRLS NIGHT OUT

...GET YOUR LOOK

Follow us on Instagram for hair inspiration, tips and trends.

@babylissuk #getyourbabylisslook

BaByliss®
Get your look

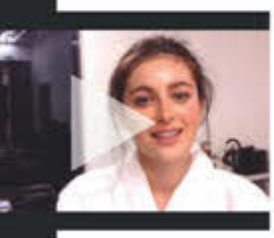












InStyle.co.uk

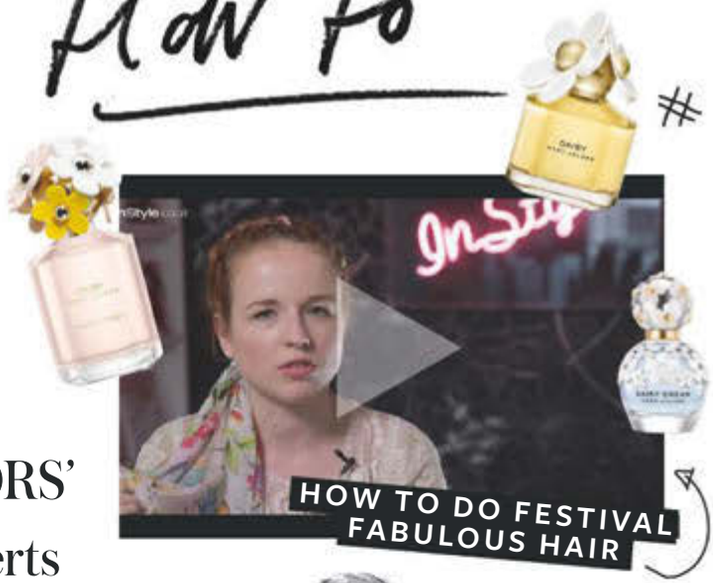
beauty

How To



PHOTOGRAPHS BY JASON LLOYD-EVANS





TOP *beauty tips*, the LATEST make-up *trends*, BEAUTY EDITORS' *how-tos* and MORE from the experts







PLUS **WIN** ALL THE PRODUCTS FEATURED



VISIT instyle.co.uk/beauty/videos

ANATOMY OF A LOOK

For weekend hotness, 70s style, team flared trousers with a tailored jacket and glam, power sunnies



RAMP IT UP FOR EVENING WITH STRAPPY SANDALS AND LAYERED NECKLACES

THE SUNGLASSES

From left, £60, Vow London (vowlondon.com); £14.99, H&M (hm.com); £260, Acne Studios (acnestudios.com)



THE JACKET

From left, £345, Theory (020 7985 1188); £35, ASOS (asos.com); £349, Hobbs (hobbs.co.uk)



THE CLUTCH

From left, £45, Coast (coast-stores.com); £900, Olympia Le-Tan (brownsfashion.com); £45, Skinnydip London (skinnydiplondon.com)



THE TROUSERS

From left, £42, Topshop (topshop.com); £450, Carven (net-a-porter.com); £49.50, Autograph at Marks & Spencer (marksandspencer.com)



STYLED BY EMMA HARGADON. PHOTOGRAPH BY JASON LLOYD-EVANS


NORMAL LENS
UV LENS
IF YOU COULD SEE INSIDE YOUR SKIN YOU'D PROTECT IT
COVER UP WHEN THE SUN IS STRONG
NIVEA SUN
Partnering
CANCER RESEARCH UK

InStyle

HOLIDAY BUYS

UNDER £100

Need a cheapy purchase to pep up your holiday packing – look no further

THE SWIMWEAR

Don't be a shrinking violet poolside – stand out in bold colours and eye-catching prints

Bikini top, £24.95, and bottoms, £24.95, Samsøe & Samsøe (samsoe.com)







Bikini top, £8, and bottoms, £5, Matalan (matalan.com)



Swimsuit, £49, COS (cosstores.com)



THE EARRINGS

£80, Auree (aureejewellery.com)



£95, Kirsten Goss (kirstengoss.com)





CHRISTIAN DIOR

£80, Theodora Warre (theodorawarre.eu)

THE HAT

Stay cool in an on-trend hat. If the 90s bucket-hat revival isn't your thing, a chic trilby will never go out of style

£45, Christy's (christys-hats.com)

£22, Ellesse (80scasualclassics.com)

£45, Reiss (reiss.com)



CHALAYAN

THE TROUSERS

£42, Very (very.co.uk)



£45, Osei Duro (gatherandsee.com)

£55, Sisley (sisley.com)



These eye-popping trousers are perfect for sunset cocktails. The flowing fit exudes French-Riveria vibes

POWDER

Beauty just got personal

Find the best beauty products to match your skin (and wallet!)
Plus tailored beauty tips, tricks and trends.

Brought to you by the Beauty Editors at Marie Claire, InStyle and Look

Show me a day cream to make my day



Match me with a super serum



Eye spy the perfect eye cream



Find your perfect match at **thisispowder.co.uk**

this is powder @thisispowder @thisispowder

your LOOK

THE SHORTS

£95, G-Star (g-star.com)



DSQUARED2

We like short shorts. The high-waisted embroidered folksy pair are at the top of our packing list

£38, Topshop (topshop.com)

£45, Fila (80scasualclassics.com)

THE BAG

£93, Daughter of Jón (topshop.com)



A nautical beach bag is a holiday essential. Pick one large enough to double up as your carry-on

£16, F&F (clothingattesco.com)



£29.99, Zara (zara.com)

THE SUNGLASSES



£16, The Mix (themix.is)

£100, Finlay & Co (gatherandsee.com)

£20, Toyshades (toyshades.com)

Cat-eye or Wayfarers – thick framed shades are just the ticket



ALBERTA FERRETTI

THE TOP

£30, Next (next.com)



£14, George at Asda (direct.asda.com)



£12.99, New Look (newlook.com)

Bell sleeves tassels, embroidery – boho is definitely a summer vibe. These tops play on the spirit of Etro s/s 2015



DON'T MISS THE AUGUST ISSUE

ON SALE 9 JULY

THE JUMPSUIT

£65, & Other Stories (stories.com)

£22.99, New Look (newlook.com)

£38, Urban Outfitters (urbanoutfitters.com)



£32, Neon Rose (neonrose.com)





Stand out from the crowd in a printed jumpsuit. Short or long; floral or geometric – just be bold

THE FLAT





MICHAEL KORS

£40, Office (office.com)



£30, Teva (teva.com)



Long day sight seeing? Comfort is the order of the day, whichever style you opt for

£90, Ganni (ganni.com)



THE DRESS

£59, Monsoon (monsoon.com)



£39.99, H&M (hm.com)





£55, Warehouse (warehouse.com)



CHLOÉ

This striking yet graceful mustard maxi is the perfect day-to-evening dress

£58, Three Floors (threefloorsfashion.com)



A short skirt is an easy throw-on for the beach, plus it provides the ideal to chance to show off your tanned legs

£85, Gant Rugger (gant.co.uk)



THE SKIRT

WORDS AND STYLING BY LULU WENTWORTH. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY 3 OBJECTIVES PHOTOGRAPHY



PHOTOGRAPHS BY ALAMY, JASON LLOYD-EVANS

WORDS BY **HANNAH ROCHELL**

Want to look glam on holiday? Step away from the stilettos, put down the eyeliner and learn the gospel of poolside chic

1
NEVER, EVER WEAR BIKINIS WITH METAL DETAILS

You really haven't thought this through, have you? Metal + sun = very hot things on your bare skin. So if you're not careful you'll end up with scorch marks instead of a tan. And even more important than safety, it can look a bit 'soap star in Marbella beach club'.

2
SWIMWEAR AND STILETTOS? NO THANKS

Look, we know that heels make your legs look longer and everything, but that doesn't mean you should prance around in them while wearing swimwear. Aside from the fact that it makes you look eccentric – akin to wearing ankle socks with lingerie and a bit 'Page 3' – no one wants to be that girl who falls in the pool in their Louboutins...

3
AVOID BASEBALL CAPS

I've recently witnessed my dad wearing my old baseball caps in the garden. My *Wayne's World* and Michael Jackson: King of Pop ones are his current favourites. Breaking news: you won't look any cooler than he does. And unless you're the kind of girl that can pull off the Adidas Originals x Rita Ora range head-to-toe, you might have the same problem. Perhaps try a straw trilby instead?

4
TO TOEJAZZLE OR NOT TOEJAZZLE?

Why do people feel the need to have a toejazzle? (I thought I'd made that term up, but pop it into Google and you'll find plenty of images of weird embellished pedicures.) Personally, I don't think you can get much more chic than a classic polish in One Perfect Coral by Revlon. Leave the crystals on your jeans' pockets. Oh, actually, don't.



5
BEWARE THE ELDERLY AMERICAN TOURIST LOOK

I've fallen into this trap myself. Think those checked trousers look good with a polo shirt and Birkenstocks? But Alf from Michigan has been rocking that look since he went on his first trip to Europe in 1989. Opt for some culottes – you'd never catch Alf in culottes.

6
CORK WEDGES: UGH!

At a push you can get away with a cork wedge hidden under a pair of just-the-right-length denim flares, but not teamed with a floral-print maxi dress. Wear a maxi with flats. If you must wear cork wedges... well, good luck with that.

7
BARE-FACED CHEEK

Things you need on your face on the beach: sun protection, sunglasses, a slick of lip balm and possibly a coat of waterproof mascara. You're going to get hot, sweaty, sea salty and maybe a little bit sandy if you're a beach volleyball/frisbee kind of gal. So save the liquid liner and lippy for the evening. We don't want to see *The Rocky Horror Picture Show* on tour thanks.

8
GET SHIRTY

Remember: you don't have to buy your beach cover-up in the holiday section of the shop. Try swapping your sarong or kaftan in a print that, let's face it, you don't really like, for a longline chambray shirt instead. Other than it being a proper cover-up (in that it actually covers your skin), it looks really sexy if you leave it unbuttoned. Win win.

9
WACKY SHADES

Fluro sunglasses are a little bit Jamie from *Made In Chelsea* and, dare we say, even a bit Mark Wright on a stag do in *TOWIE*. Perfect for a teenager's first festival, less cool for a sophisticated woman in her thirties on the French Rivieria. Do yourself a favour and invest in some sunnies that are chic, oversized and black.

10
JINGLE-JANGLE HELL

I'm not saying you need to take off your delicate everyday necklace and tiny hoop earrings. Those are totally fine. But maybe rethink the bangles up to the elbow and ankle bracelets. If it's heavier than your piña colada, take it off. Your tan line will thank you for it.



STYLE TIPS FOR

BODY CON

Dress from your underwear out for the ultimate in Bravissimo body confidence



ROBYN KOTZE
INSTYLE
SHOPPING EDITOR

As *InStyle*'s resident shopping editor, fashion stylist and lingerie enthusiast, Robyn understands the power of good underwear. What you're wearing underneath your clothes can not only transform the way you look, but also affect the way you feel. Here are her top tips for body confidence.

ROBYN'S STYLING TIP

'Look for a smooth, seam-free T-shirt bra so that it doesn't show through the fabric.'



SANDALS
£69, Monsoon (ukmonsoon.co.uk)



TOP
£40, Next (next.co.uk)



SKIRT
£28, Next (next.co.uk)



CLUTCH
£79, Marks & Spencer (marksandspencer.com)



BRAVISSIMO FITTING TIP

Choose a bra that fits well but also make sure it's one you really love as it will give your confidence a boost

ROBYN'S PICKS

'Wearing a matching set of lingerie always makes me feel glamorous.'



From left to right, Madagascar bra, £30, and thong, £15, Curvy Kate; Kira bra, £27, and briefs, £14, Cleo by Panache; Dream Catcher bra, £29, and briefs, £16, Bravissimo. All available at Bravissimo.com

ROBYN'S STYLING TIP

'A well-fitting bra that lifts and supports can make you feel like you've dropped a dress size.'





TOP
£28, Next (next.co.uk)



TROUSERS
£22.99, New Look (newlook.com)



CLUTCH
£75, Boticca (boticca.com)

SHOES
£65, Monsoon (uk.monsoon.co.uk)





BRAVISSIMO FITTING TIP

A well-fitting bra will lift your boobs for a great shape under your top

ROBYN'S PICKS

'Wear under a navy or black vest for a pop of colour.'



From left to right, Satine bra, £29, and briefs, £16, Bravissimo; Deco Vibe bra, £36, and shorts, £13, Freya; Maddie bra, £25, and shorts, £12, Cleo by Panache. All available at Bravissimo.com







ROBYN KOTZE
SHOPPING EDITOR





ARABELLA GREENHILL
FASHION DIRECTOR



AMY BANNERMAN
FASHION EDITOR





MIQUITA OLIVER
TV PRESENTER





JO LEE
BRAVISSIMO MD







#INSTYLE EVENT

PERFECT FIT

Join the *InStyle* fashion team for an evening of expert styling and confidence-boosting bra advice

Ever wanted to tap the knowledge of some of the country's top stylists? Want to learn how to feel body confident in your underwear? Now's your chance. *InStyle*'s very own team of style experts – fashion director Arabella Greenhill, fashion editor Amy Bannerman and shopping editor Robyn Kotze – plus Bravissimo managing director Jo Lee will all be on hand to answer your questions and offer styling advice at our unmissable reader evening.

DON'T MISS OUT Come along to *InStyle* HQ on Wednesday 12 August between 6.30 and 8.30pm for a body confidence style talk from the *InStyle* fashion team and guest speaker Miquita Oliver. You'll get the chance to have your burning style questions answered at one-on-one sessions with the *InStyle* experts and there will be complimentary hair styling and mini manicures for everyone. You'll also be treated to a glass of bubbly and leave with a goody bag worth over £60, including a £10 Bravissimo voucher.

WHEN AND WHERE The event will be at the InStyle office, 110 Southwark Street, London SE1 OSU from 6.30pm to 8.30pm.

HOW TO BOOK Numbers for this evening are limited so don't delay. Visit instyle.co.uk/bravissimoevent to guarantee your place. Tickets cost £10.

GET THE RIGHT FIT

All boobs are different, but Bravissimo fitters are trained to find the best bra for you

STEP 1: SIZING

It's best not to use a tape measure – different brands fit differently, so a Bravissimo fitter will talk to you about what you want from your bra and then help you try on different styles and sizes until you find the perfect fit.

STEP 2: THE BAND

If the band rides up at the back, rather than sitting horizontally around your body, you might need to go down a back size. If so, go up a cup size to compensate.

STEP 3: THE CUPS

Your boobs should be completely inside the bra cups – not spilling over at the top or sides. If they are coming out, perhaps it's time for a fitting.

STEP 4: YOUR CHOICE

At Bravissimo we recommend the best fit, but it's up to you what size and style you go for. If you're happy with your bra, you will feel fantastic about yourself.



BRAVISSIMO

FIND YOUR PERFECT Waistcoat

It's this summer's style essential and our new favourite cover up



WRAP
£250, Whistles
(whistles.com)

Victoria nails the look in monochrome

Waistcoats with a tie at the waist will accentuate your figure and make the look more feminine



COLLARLESS
£24.99, New Look
(newlook.com)



PINSTRIPE
£280, Boss
(hugoboss.com)

1. THE STYLE

Ditch the sleeves of your jacket and opt for a sleek waistcoat instead. Whether you're after a pinstripe, a neutral, or a long-length style, waistcoats are the perfect outfit refresh for summer.

2. THE CUT

Long waistcoats are best for taller frames or high-heel days but everyone can carry off a mid-length style. Show off your figure with a tie at the waist.

3. WEAR WITH...

Opt for a long-length waistcoat at the office with a polo neck. For a paired-back off-duty vibe choose one that sits just below your hip bone and team it with a T-shirt and boyfriend jeans.



Elena Perminova nails a bold print at Dior's a/w 2015 show



MAXI
£250, Karen Millen
(karenmillen.co.uk)



LAPELS
£345, Theory
(net-a-porter.com)



FRINGED
£585, 3.1 Phillip Lim
(31philliplim.com)



Swap your summer coat for a long waistcoat

STYLING BY EMMA HARGADON. PHOTOGRAPHS BY JASON LLOYD-EVANS, FAME FLYNET UK, REX FEATURES. STILL LIFES BY 3 OBJECTIVES PHOTOGRAPHY


American Vintage
10 ANS









THE FAB FIVE

We heart the 80s. Power up with geometric shapes and hard-hitting colours (you can't go wrong with red)

1. **SUNGLASSES** £120, Just Cavalli (harrods.com); **CHAIN** £73, Framechain (framechain.co.uk) 2. **BELT** £425, Loewe (loewe.com) 3. **SHOES** £395, Christopher Kane (020 7493 3111) 4. **BOOTS** £1,100, Dior (dior.com) 5. **BAG** £865, J W Anderson (j-w-anderson.com)

STYLING BY LULU WENTWORTH. WITH THANKS TO COMMITTEE OF TASTE



STYLING BY

AMY BANNERMAN

PHOTOGRAPHS BY

JACK CLARK

YOUR A|W 2015 HOT LIST

Are we waiting till it's chilly for the new season's hottest pieces? Hell no...

The 80s dress

The power dress escapes the boardroom and gets a luxe makeover



The new suit

A 70s wide-leg style – it's totally Bianca, and a real leg lengthener

This page

WAISTCOAT
Corduroy, £35, Marks & Spencer (marksandspencer.com)

TOP
Polyester, £179, By Malene Birger (bymalenebirger.com)

TROUSERS
Corduroy, £35, Marks & Spencer (marksandspencer.com)

SHOES
Leather, £145, Topshop (topshop.com)

Brass earrings, £313, Toga (net-a-porter.com)

Opposite page

DRESS
Leather, £1,350, JW Anderson (j-w-anderson.com)

BOOTS
Leather, from a selection, JW Anderson (j-w-anderson.com)

Earrings, as before

The T-shirt knit

This is the go-to sweater for 2015 and the perfect layering staple



This page

SWEATER
Merino wool, £149, Jigsaw (jigsaw-online.com)

SHIRT
Cotton, £149, Hugo (hugoboss.com)

TROUSERS
Cotton mix, £85, Guess (guess.eu)

BELT
Gold-plated metal, £75, Bimba & Lola (bimbaylola.com)

SHOES
Leather, £145, Topshop (topshop.com)

Silver ring with coloured stone, £54, Pernille Corydon (pernillcorydon.com)

Opposite page

JACKET
Corduroy, £58, Topshop (topshop.com)

ROLL NECK
Cotton and jersey, from a selection, Comptoir Des Cotonniers (comptoirdes cotonniers.co.uk)

TROUSERS
Wool mix, £130, Whistles (whistles.com)

BOOTS
Patent leather, £380, Dorateymur (brownsfashion.com)

Silver ring, £40, Pernille Corydon (pernillecorydon.com)



The cropped flare

It's the new length for autumn – prepare to reveal your ankles

The gothic blouse

Sheer lace takes Victoriana in a sexy new direction



The suede coat

Quintessentially 60s, this classic hero piece is so new season it hurts



This page

COAT
Suede, £1,248, Frame Denim (net-a-porter.com)

SWEATER
Wool and alpaca, £115, Tommy Hilfiger (tommy.com)

ROLL NECK
Polyester, £25, ASOS (asos.com)

TROUSERS
PVC, £360, Filles A Papa (fillesapapa.com)

SHOES
Leather, £365, Dorateymur (brownsfashion.com)

Sterling silver necklace, £62, Pernille Corydon (goodhood store.com)

Opposite page

BLOUSE
Polyamide, £115, Ganni (goodhood store.com)

BRA
Nylon, £34, Princesse Tam Tam (princesse tamtam.co.uk)

JEANS
Denim (501 1915 Cone Mill), £190, Levi's Vintage Clothing (levi.com)



The red roll-neck

This top will nail your entire look. Wear layered. With EVERYTHING

HAIR BY PHILIPPE THOLIMET AT STREETERS USING BUMBLE AND BUMBLE. MAKE-UP BY KARINA CONSTANTINE AT CLM HAIR & MAKE-UP USING YVES SAINT LAURENT BEAUTE. MODEL: MELIE TIACOH AT NEXT. FASHION ASSISTANT: EMMA HARGADON. PHOTOGRAPHER'S ASSISTANTS: JACK JOHNSON AND JAMES NEWLANDS



The A-line skirt

The style says directional, the cut says girlie – either way it's all about the waist

This page

JACKET
Cotton, £385, DKNY (dkny.com)

ROLL-NECK
Merino wool, £100, Fenwick (020 7629 9161)

SKIRT
Suede and patent leather, £635, Fyodor Golan (selfridges.com)

Opposite page

ROLL-NECK
Cotton mix, £12.90, Uniqlo (uniqlo.com)

TROUSERS
Polyester, £400, Toga (artifactsstore.com)

Gold-plated silver ring, £45, Pernille Corydon (pernillcorydon.com)

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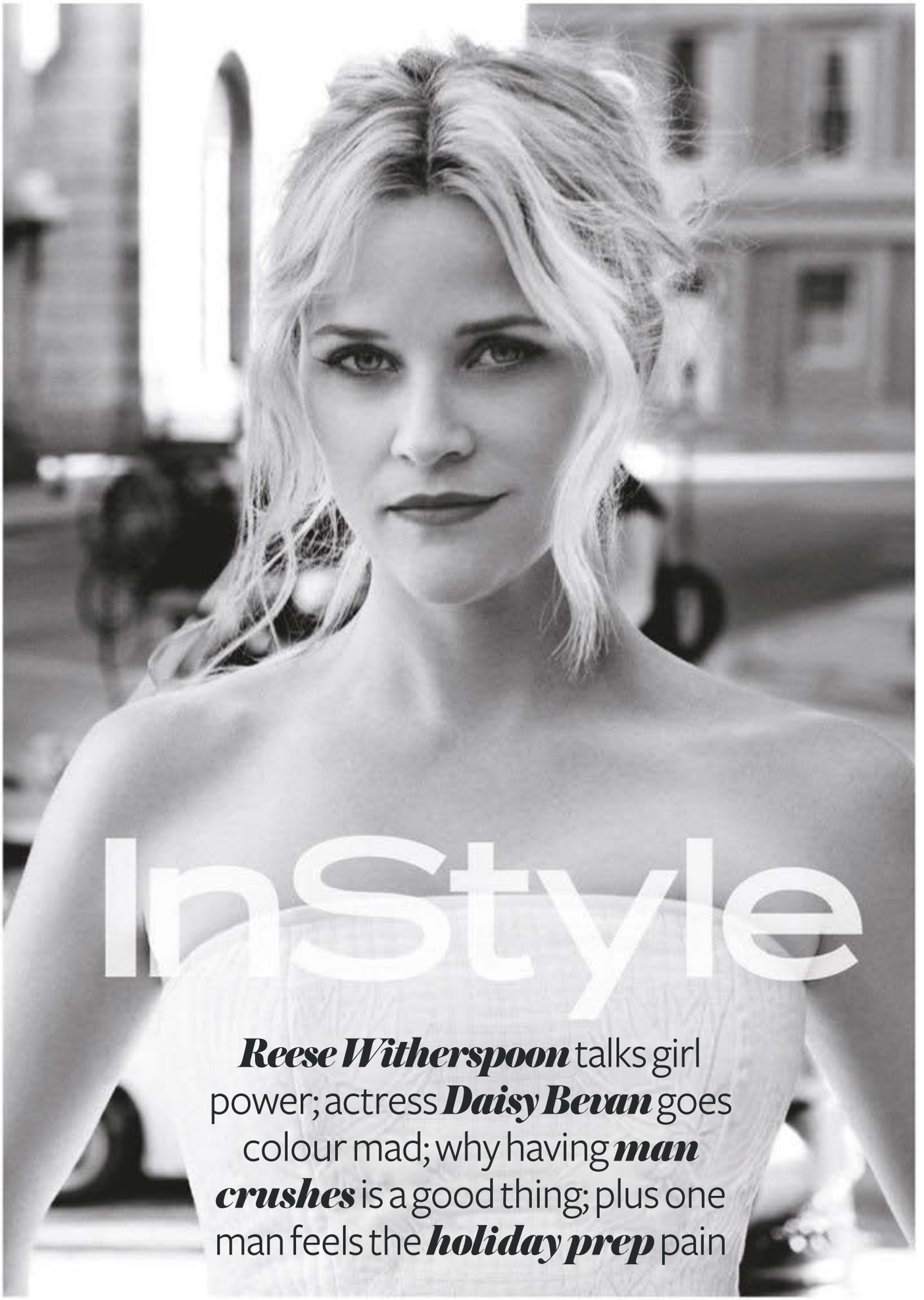
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InStyle

Reese Witherspoon talks girl power; actress ***Daisy Bevan*** goes colour mad; why having ***man crushes*** is a good thing; plus one man feels the ***holiday prep*** pain

PHOTOGRAPH COURTESY OF US *INSTYLE*. WHITE EMBROIDERED SILK DRESS, £3,360, ERDEM (MATCHESFASHION.COM)

GO REESE LIGHTNING

That flash of blonde locks – that's *Reese Witherspoon*, the Southern belle turned impresario, movie star, mother of three, and budding lifestyle guru. Catch her if you can

WORDS BY **FANNIE FLAGG**



FENDI
Silk-organza dress with fox-fur details and leather belt, £5,730, and leather shoes, £950 (fendi.com)

Ring, worn throughout, Reese's own


Universal
city
STUDIOS



FENDI
Embroidered silk dress, £1,802 (fendi.com)

Feather-embellished sandals, Valentino Garavani, £770 (mytheresa.com)

REESE
WITHERSPOON

It's a hot day in Hollywood, two o'clock in the afternoon, and the sun is scorching a back lot of Universal Studios. It's the New York set, blocks of gleaming glass buildings and elegant brownstones in the middle of the San Fernando Valley. It's discombobulating. But from behind a rack of clothes pops Reese Witherspoon, totally at ease. Her big blue eyes are clear, and she still has the peaches-and-cream complexion of a 16-year-old. She flashes the wide grin that has endeared her to audiences since she was a child. When she shakes my hand, her grip is firm but genteel. I grew up with girls like Witherspoon back in Alabama, where I'm from. Some of the characters from my novels, like Evelyn, the protagonist in *Fried Green Tomatoes At The Whistle Stop Cafe*, speak with the same sweet, gentle Southern accent. And like Evelyn, beneath Witherspoon's sunny charm, there's a clever mind. She's as smart as a whip. I think of her roles in *Election* and *Legally Blonde*, in which her characters' bubbliness disguises razor-sharp ambition. 'I've always been a little spitfire,' Witherspoon tells me when we finally sit down over some cheese straws, a Southern treat I brought from home. 'Sometimes it's got me into trouble,' she adds. But that need to speak her mind has also given vibrancy to complicated roles in such films as last year's hit *Wild*, or in her famously nuanced portrait of June Carter Cash in 2005's *Walk The Line*. Today, the 39-year-old Witherspoon is balancing motherhood, helming her own production company, Pacific Standard – she produced the noir thriller *Gone Girl* – and, of course, starring in her own films. Her newest is *Hot Pursuit*, out this month, a cops-and-robbers buddy flick co-starring Sofía Vergara. 'Sofía and I got along so well, even our mothers get along,' she says, laughing. As we seek shade behind a fake city block, it's easy to see why Witherspoon remains one of Hollywood's most likeable stars.

The biggest kick I've had from doing this interview is seeing how people react when I tell them. Everybody down South takes a personal pride in your success. It's as if you're their daughter or their sister.

'Oh, what a great thing. I'm so proud of where I'm from. Being born in New Orleans and growing up in Nashville, I'm such a Southern girl. No matter where I go, I still hold all those values and traditions.'

When I came to New York, people thought everyone from the South were farmers and didn't wear shoes.

'Well, I didn't grow up wearing a lot of shoes. I never wore shoes in the summer. Not once! We just ran around barefoot.'

Ha, do you still do that?

'No! I can't even imagine letting my kids do that either.'

When I grew up, we were told that to be ladylike, we could never raise our voice and must always be demure. Yet you're a leading lady, a producer, and a businesswoman – not exactly the demure type.

'I went to Harpeth Hall, a wonderful all-girls school in Nashville that encouraged us to see ourselves as working women in the world, to speak up for ourselves,



ERDEM
Embroidered quilted silk dress, £3,360 (matches fashion.com)

'I didn't grow up *wearing* a lot of shoes. In the summer we just ran around *barefoot*'



REESE
WITHERSPOON



REESE
WITHERSPOON

LOUIS
VUITTON
Lace and velvet top, £1,060, wool-mohair canvas skirt, £1,770, and gold and resin earrings, £540 (louisvuitton.com)

Suede shoes, £440, Manolo Blahnik (020 7352 3863)

to ask for equal pay and advocate for gender equality. Outside that school, I experienced the full force of a patriarchal society, but I had a core value system that said, "No, you really deserve to be treated equal to a man."'

And you grew up with strong women...

'That's true. My grandmother, Dorothea, skipped three grades in high school and graduated from Peabody University at 20. But she also loved getting her hair and nails done once a week. She taught me a lot about make-up, beauty and fashion, which is one reason why I love them so much. My mother, meanwhile, whenever she wasn't teaching nursing at the state university, was driving for the blind. On the weekends she cared for newborns at Vanderbilt University.'

You've been in the spotlight for almost 25 years, since 1991's *The Man In The Moon*. Has fame become any easier to handle? On the one hand, you're older now and more capable of dealing with it, but on the other, with the internet, there's even less privacy.

'Everyone experiences that loss of privacy with the internet, not just celebrities. I knew that was part of the game when I started being an actor. It's not my favourite part, but it's certainly worth the exchange. I've been able to travel the world; my children have been able to travel the world; I get to meet the coolest people, like you.'

As both an actor and a producer, you have the opportunity to provide challenging roles for women both on and off screen.

'I grew up seeing incredibly strong women like Holly Hunter, Sigourney Weaver and Debra Winger. I want to ensure that my 15-year-old daughter, Ava, grows up seeing those types of strong women playing complicated parts.'

You've given her a great model. One role that sticks with me was June Carter Cash. You put yourself on the line. But I knew June, and she was exactly as you portrayed her, a real human being.

'That means the world to me.'

In *Wild*, your portrayal of a woman on her own journey of self-discovery felt both personal and courageous.

'My older brother [John] was a very brave guy, and I always wanted to be just like him. So running around in the woods and creeks, watching motocross, go-karting and setting off firecrackers, catching frogs and eating snakes – everything the boys were doing, I was doing.'

Acting seems to me to be an attempt to stop time or at least capture a moment in time. Would you go back to those younger years?

'It's pretty great right now. I've finally got to an age when I'm not afraid to have an opinion. I feel that my perspective matters. It took me a while to figure that out, but I'm there now.'

'Women *represent* 51% of the population but only 19.4% of the US Congress. That's why we have gender *inequality*'

You've got over your Southern lady thing of trying to please people.

'I was always pretty outspoken, actually, but now I've learned to say sorry when I make mistakes, too.'

You've taken the lead on a lot of issues important to women, like the #AskHerMore movement during awards season, which sought to broaden red-carpet discourse. Do you ever think about going into politics?

'I haven't yet, but I still have a lot of life to live, so I can't rule it out. I do believe that if you want to see change in the world, you have to be responsible for it. As women, we need to put our hat in the ring. Women represent 51 per cent of the population but only 19.4 per cent of the US Congress. That's the reason we have gender inequality. Women are natural-born problem solvers.'

I've noticed a trend for women sticking together more than they used to.

'I learned a few years ago that there are people who don't want good things for you. You've got to get away from them. Now I surround myself with supportive friends. I have a close group of girlfriends I call my Southern Mafia. One's from Oklahoma, one's from Arkansas, another's from Tennessee. I get a lot out of my relationships with them. Parenting, getting through your marriage, getting through your day – these are hard things, and I find solace in the fact that other people struggle with the same stuff I do. We all have concerns about our kids, our marriage, our dreams.'

You recently launched a Southern lifestyle brand, Draper James. Are these ladies its demographic?

'Three years ago, I was in Atlanta shooting a film, and I was struck by the cultural explosion down there. But even though there were wonderful restaurants and music venues, nothing was representing the fashion aspect of the Southern woman. We're not from New York or LA. But we are current; we read *InStyle*, we love a dinner party, a lunch and, of course, fashion. Just look at my grandmother.'

In your new movie, *Hot Pursuit*, you co-star with Sofía Vergara. She plays the widow of a drug kingpin, and you're the uptight police officer escorting her through Texas. The comedic chemistry between you two is great.

'As soon as I met Sofía, I said, "I want to make a movie with you." She and I together are such a funny thing, because we represent two completely different cultures and kinds of women, but we just love each other. We laughed so much. I couldn't understand what she was saying half the time. She couldn't understand what I was saying half the time. But we both love cake, clothes, kids and our families.'

You can't fake chemistry or teach comic timing. Where does yours come from?

'My mum is really the funny one. My grandmother was very dry. She had a smart sense of humour. But my mother made me laugh, and I loved to make her laugh. When I was a child, she would literally laugh at everything I did, so that just made me be more silly. She was the perfect audience.'

And are you for your kids?

'I hope so! I'm going to my daughter's school play tonight. I'm so excited. For once, I get to give the bouquet on opening night.'

STYLING BY MIRANDA ALMOND. PHOTOGRAPHS COURTESY OF US INSTYLE. HAIR BY ADIR ABERGEL FOR STARWORKS ARTISTS. MAKE-UP BY MOLLY R STERN FOR STARWORKS ARTISTS. NAILS BY AMY RUIZ. SET DESIGN BY BETTE ADAMS FOR MARY HOWARD STUDIO



This page, silk top, £2,250, and wool and cashmere trousers, £1,150, both Balmain (balmain.com); sunglasses, £250, Marco de Vincenzo (020 7734 1234); velvet shoes, £550, Casadei (casadei.com). *Opposite page*, lurex/wool knit dress, £700, Marco de Vincenzo (020 7734 1234); cotton roll-neck, £89, Woolrich (020 7494 9772)

THE CLASH



STYLING BY
ARABELLA GREENHILL

PHOTOGRAPHS BY
THOMAS KRAPPITZ

If you think you recognise Daisy Bevan, it'll be the genes. Daughter of Joely Richardson, she's the epic acting dynasty's newest star. Here she shows why colour is the new black





This page, wool mix jacket, £1,355, silk twill shirt, £480, wool mix trousers, £515, leather boots, £925, all Prada (prada.com). *Opposite page*, wool and polyester dress, £1,775, Salvatore Ferragamo (ferragamo.com); patent leather boots, £1,147, Nicholas Kirkwood (nicholaskirkwood.com)



THOMAS KRAPPITZ



THOMAS KRAPPITZ



This page, merino wool roll-neck, £100, DKNY (flannels.com); sunglasses, £250, Marco de Vincenzo (020 7734 1234).
Opposite page, wool dress, £1,430, Peter Pilotto (peterpilotto.com); cotton roll-neck, £29.90, Uniqlo (uniqlo.com)



THOMAS KRAPPITZ





This page, wool dress, £705, Sportmax (020 7499 7902); polyester roll-neck, £374, Cédric Charlier (net-a-porter.com); watersnake and brass handbag, £1,540, Chloé (chloe.com). *Opposite page*, silk and wool coat, £2,640, silk roll-neck, £495, and silk and leather skirt, £1,650, all Fendi (fendi.com); suede shoes, from a selection, Pollini (pollini.com)



WORDS BY **LUCY PAVIA**

'When I was working as a waitress a few years ago, a customer came up and said, "Gosh you look exactly like Joely Richardson,"' says actress Daisy Bevan. Daisy didn't point out to the customer that Joely Richardson is actually her mum. 'I just said "Oh, thanks" and walked away!' she laughs. But with that elegant swan-necked beauty and those crazily blue Redgrave eyes, the resemblance is so uncanny it's almost spooky. Daisy's father is producer Tim Bevan (*Four Weddings, Love Actually*), so you could say her now-blossoming acting career was inevitable, though she has none of the thespy affectations you might expect from someone who grew up in green rooms and on film sets (her very first role was aged five in the Cate Blanchett film *Elizabeth*). After Bedales in Hampshire – where she was classmates with Cara Delevingne – 23-year-old Daisy spent time studying drama in New York before moving back to London to kick-start her career. She's since turned her hand to theatre in *The Picture Of Dorian Gray* and scored a cameo opposite Kirsten Dunst and Oscar Isaac in 1960s-based thriller *The Two Faces Of January*. Next up? A post-WWII adaptation of bestselling novel *The Outcast* for BBC One with a very British fellow cast that includes Greg Wise and Jessica Brown Findlay. Looks like those Redgrave acting genes are pretty strong...

Let's talk fashion first. Are the clothes on the shoot today similar to your own?

'Oh no, they're much more bold and fashion-forward. I don't know if I would ever have had the balls to wear these in real life. But it's quite exciting on a shoot – the pieces are like artworks!'

What's your normal style like?

'I'm a big Patti Smith fan. I could go on about her for hours. I love her androgynous look too, so I'm wearing a lot of dark colours and tailoring at the moment.'

Do you remember much of your acting debut at the age of five?

'I just remember I had to lie in a bed and stay super-still. But the funny thing is I think I was staring straight into the camera the whole time – not so subtle!'

You went to school with Cara Delevingne. What do you make of her move into acting?

'She's brilliant, Cara. To have gone through what she has and yet remained completely down-to-earth is incredible, really. Acting was always what she wanted to do at school, so I'm very happy for her.'

What was boarding school like?

'Fun, because you get to live with your friends, and because you go when you're 13 and leave when you're 18 – it's like forming another family. You get to know everyone in a very specific way.'

Did you visit your parents on set a lot growing up?

'I did get to go on set a bit. They're such exciting places to be. Now when I turn up on one for my own work I can't quite believe it's me working this time.'

How was making *The Outcast*? Did you enjoy doing TV?

'I think because filming time with television shows is shorter, and there's so much to do, you really have to keep up a momentum. You're also thrown together with the same people from 6am to 7pm every day, so you end up forming very close bonds.'

You look so like your mum – are your personalities similar too?

'I think we have similarities and differences. It's funny – neither of us actually think we look like each other. We're very close, and she just gave me a dog for my birthday.'

What breed is it?

'A Toy Poodle-Pomeranian cross, she's a chocolatey ball of fluff called Zeppelin. I've never really had pets before, so I didn't get what the big deal was, but now I have my own dog I totally understand. She's changed my life!'

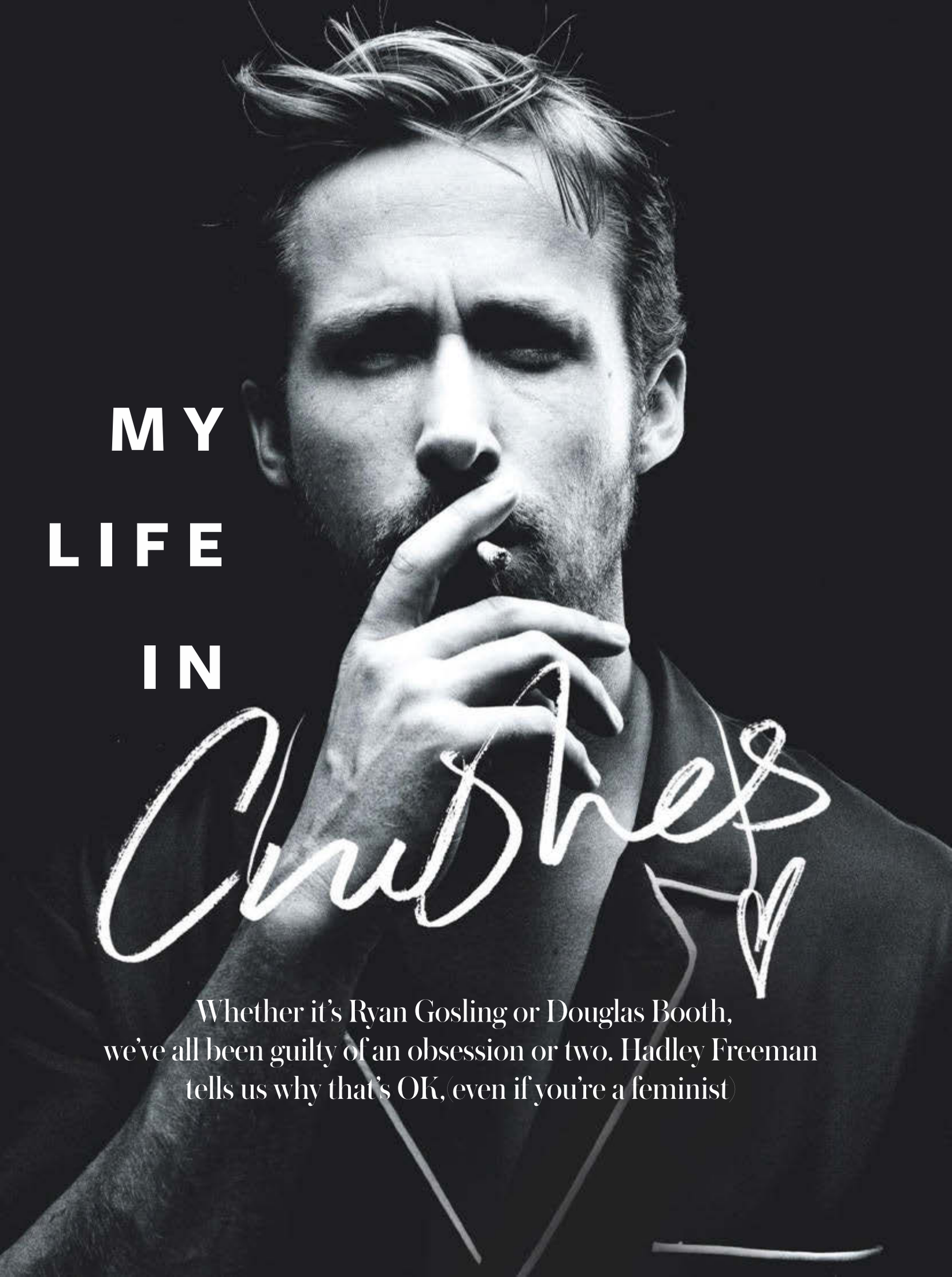
The Outcast *will be on BBC One this autumn.*

INTERVIEW BY NIKI BROWES. FASHION ASSISTANT: LULU WENTWORTH. PHOTOGRAPHER'S ASSISTANT: THOMAS HEIN. DIGITAL OPERATOR: JAX HARNEY. HAIR BY DAYARUCIATONEREPRESENTS.COM USING KIEHL'S. MAKE-UP BY MARY WILES AT CAREN USING CHANEL S 2015 AND CHANEL BODY EXCELLENCE. NAILS BY ABY TERESA TARMEY USING CHANEL S 2015 AND BODY EXCELLENCE HAND CREAM



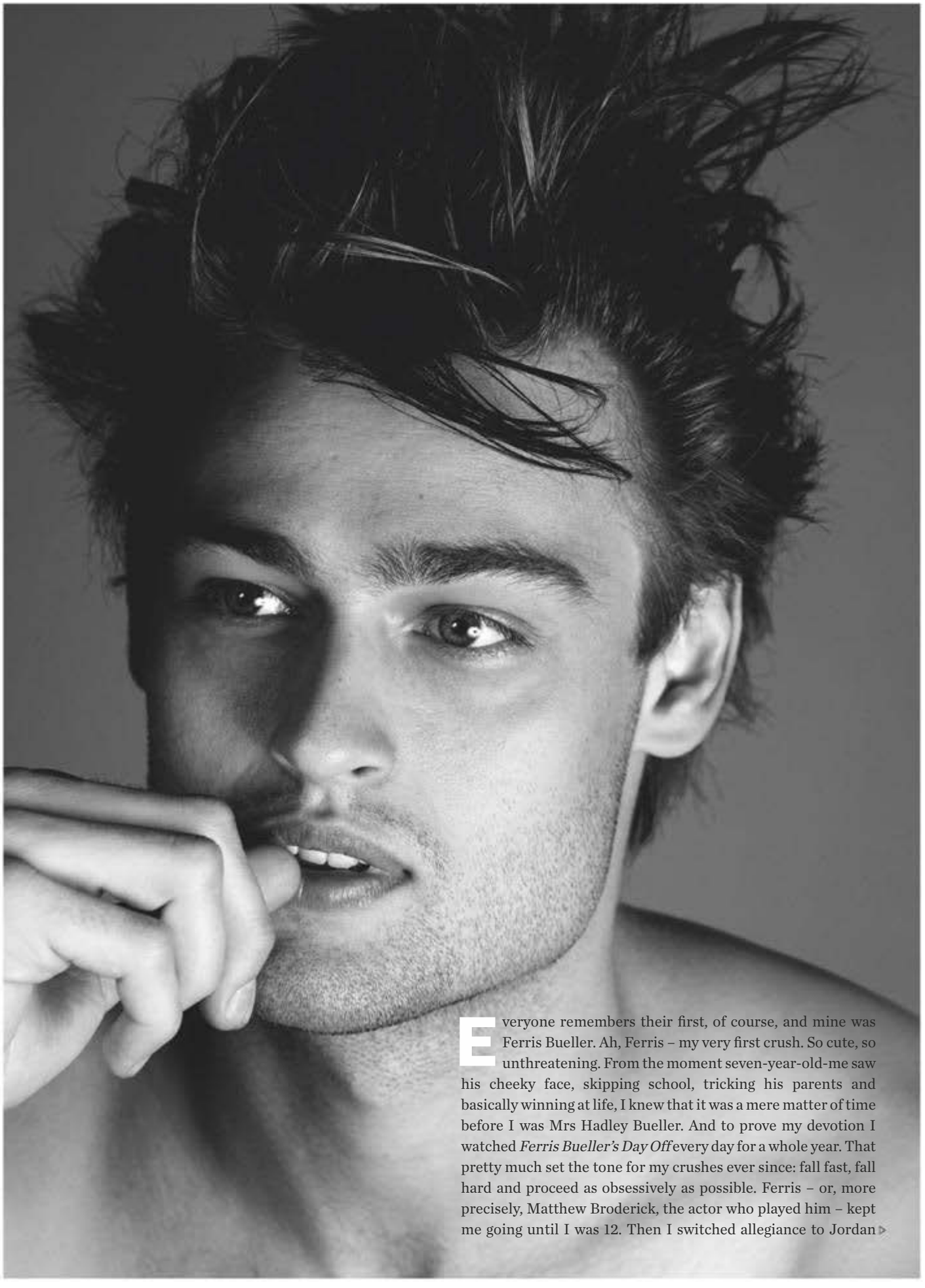
This page, leather tunic, £5,535, crêpe jacquard roll-neck, £675, panama culottes, £730, patent and suede shoes, £650, all Roksanda (020 7613 6499); lambskin, suede and brass handbag, £1,015, Chloé (chloe.com). *Opposite page*, garbadine top, £395, Jonathan Saunders at Harvey Nichols (020 7235 5000); viscose skirt, £595, Jonathan Saunders at Fenwicks (020 7629 9161)

THOMAS KRAPPITZ

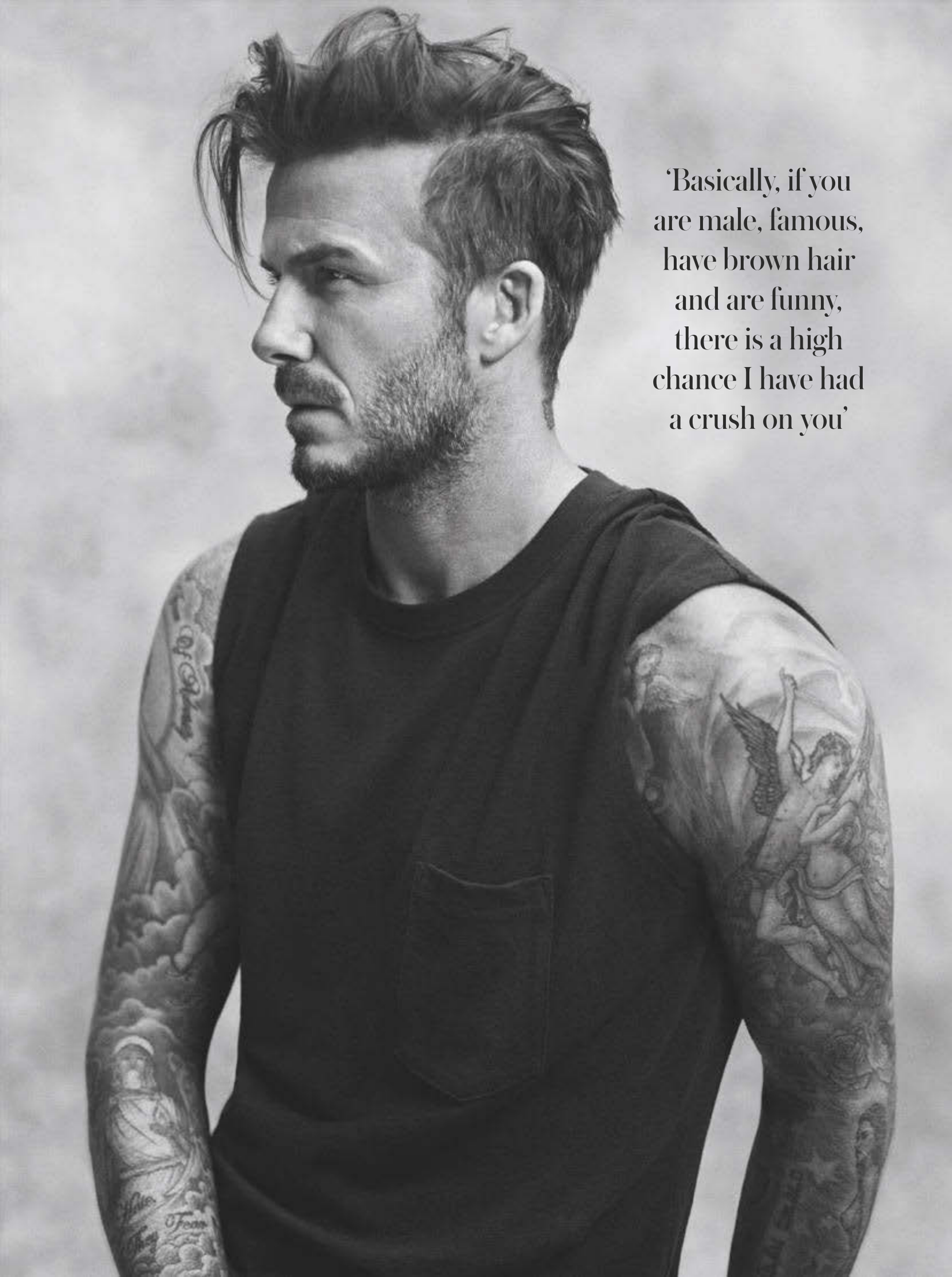


MY LIFE IN *Crushes*

Whether it's Ryan Gosling or Douglas Booth, we've all been guilty of an obsession or two. Hadley Freeman tells us why that's OK, (even if you're a feminist)



Everyone remembers their first, of course, and mine was Ferris Bueller. Ah, Ferris – my very first crush. So cute, so unthreatening. From the moment seven-year-old-me saw his cheeky face, skipping school, tricking his parents and basically winning at life, I knew that it was a mere matter of time before I was Mrs Hadley Bueller. And to prove my devotion I watched *Ferris Bueller's Day Off* every day for a whole year. That pretty much set the tone for my crushes ever since: fall fast, fall hard and proceed as obsessively as possible. Ferris – or, more precisely, Matthew Broderick, the actor who played him – kept me going until I was 12. Then I switched allegiance to Jordan ▷



‘Basically, if you are male, famous, have brown hair and are funny, there is a high chance I have had a crush on you’

Knight from New Kids on the Block, and I would rip out pictures of him from *Just Seventeen*, stick them all over my bedroom and kiss each of them every night. (Like I said, obsessive behaviour and I are on very familiar terms.) My NKOTB phase was, thankfully, relatively short-lived because I soon developed a lifelong devotion to Paul Rudd after seeing him in *Clueless*. Since then, there's been, oh, let's see: Johnny Depp, Chris Rock, Jon Stewart, Simon Amstell, Will Arnett... Basically, if you are male, famous, have brown hair and are funny, there is a high chance I have had a crush on you. (I've also more recently developed crushes on the not especially funny Andy Murray and Andrew Garfield, but that is probably because they resemble my boyfriend who, weirdly, is also called Andrew. So maybe it's an Andrew thing.)



I wouldn't say this is something to be especially proud of, but neither do I see it as a source of shame, and nor does any woman I know. I've got one friend who, until recently, had a serious Bradley Cooper problem and emailed all her friends articles about him, sighing devotedly. Another has harboured intense feelings towards Blur's Graham Coxon for almost 20 years. A third still talks fondly of her youthful crush on, er, Nigel Mansell. But once, when I was (perhaps unwisely) telling a male friend at unnecessary length why I believe the actor Will Arnett and I are destined to be together, he gently suggested that this sort of objectification of men somewhat contradicts my feminist credentials. I think I made an actual and literal 'harrumph'. You see, I'm afraid I have no truck with this kind of knee-jerk nonsense. Last time I checked, being a feminist did not necessitate being blind and having a crush has nothing to do with objectification and everything to do with being alive. I'd be rather horrified if my boyfriend said he'd never had a crush on a single celebrity. God, I'd think, is he not human? And isn't it the law that every thirty-something man in this country has had a crush on Anneka Rice at some point? A harmless crush from afar is what gives a bit of spice to your day and iron to your blood. A crush is not about reducing a celebrity to their body parts: it's a gentle fantasy about the whole of the celebrity, whether it's dreaming about being part of Graham Coxon's indie world or riding on the back of Bradley Cooper's motorcycle. Also, when you're young, it wakes you up to what you like (in my case, dark hair, funniness and men who look like Andrew Garfield and Andy Murray). Despite the catch-all terms of 'heart-throb' and 'pin-up', women are much more subjective about their crushes than they're generally given credit for. I completely accept that a lot of women have a fondness for, say, David Beckham (too blond), or Ryan Gosling (too serious) or Harry Styles (too young), but I never have and never will. If I'm honest, I look at women who do with the same kind of bafflement with which I look at people who don't put ketchup on their chips. Seriously, are you people from Mars? But it's also somehow reassuring to know that one woman's crush is another's car crash – there are crushes enough for us all.



But despite the intensity, a crush is a fragile thing and can easily be destroyed. My thirty-something friend with the thing for Bradley Cooper instantly went off him when he started going out with Suki Waterhouse ('A 21-year-old model – so disappointing', she said, although I imagine Cooper did not feel that way). Everyone I know with a crush on Leonardo DiCaprio went off him after seeing photos of him on a yacht last summer with 20 models – there's a definite line between being a celebrity and behaving like Hugh Hefner.

But my crushes, thankfully, have never let me down, even in the flesh. A few years ago, when I was living in New York, it so happened that my dog-walking schedule synched with that of my neighbour. We started walking together in the evenings, making awkward small talk while our dogs sniffed each other's butts and we picked up their poop. To me, it was pure magic. After a few nights of this, I finally introduced myself: 'I'm Hadley, by the way.' 'Matthew', he said. But I knew that already – it was Matthew Broderick. I was finally with Ferris. And if it wasn't *quite* how I'd envisaged when I was seven, well, we all have to grow up sometime. □

Life Moves Pretty Fast *by Hadley Freeman is out now (£12.99, 4th Estate); hadleyfreeman.com*



PHOTOGRAPHS BY DENNIS ROUVRE/MODDS/CAMERA PRESS, GETTY IMAGES, ALLSTAR COLLECTION/PARAMOUNT, H&M DAVID BECKHAM BODYWEAR, CAMERA PRESS/LYNN GOLDSMITH



if MEN *did holiday prep*

Let's be honest – there's so much waxing, plucking and tanning to do before we hit the beach, it's no wonder we need a break. Imagine if men had to do it. We asked grooming virgin Ben Machell to feel the pain and get holiday-ready our way



Right, first things first: this was a massive hassle. In order to cram a pedicure, spray tan, eyelash tint and bikini wax into a 48-period, I was basically forced to lead a double life. So I had to discreetly skive off work, pretending that I was leaving *The Times* office to go somewhere important, rather than actually heading directly to the beauty salon at Topshop on Oxford Street. I also had to text my girlfriend to say that I wasn't going to be home in time to help put



our baby to bed, because a woman I had only just met had me naked on a table and was asking if I wanted a smooth scrotum. To be honest, I wasn't sure I did. I ended up with one anyway.

Prior to all of this, it had honestly never occurred to me that, for many women, getting ready to go on holiday took this much effort. Like most things in life, it's so much more straightforward for men. The night before my flight, I'll make sure I have swimming trunks, flip-flops and a paperback with a big sword on the cover. But even if I don't, I know I can just pick them up at the airport anyway. Easy. But this? This was intense. And so fiddly. And, at least to begin with, I wasn't entirely sure what was in it for me.

It had honestly **NEVER** *occurred to me that, for many* **WOMEN** *getting ready to* **GO ON HOLIDAY** *took this much* **EFFORT**

I began with the pedicure. I'd never had one before and wasn't crazy about unveiling my feet – and in particular my toenails, because they are quite gross, mainly due to lack of care and playing football. However, the nice woman who looked after me did a good job of hiding her disgust and said that these days, lots of men come in to have their feet done. And on one level, I can see why. It was relaxing and my feet looked marginally less rank than when I arrived. It never occurred to me that other people around the hotel pool would spend much time scrutinising my toenails, but whatever. No harm done, which is more than I can say for the wax.

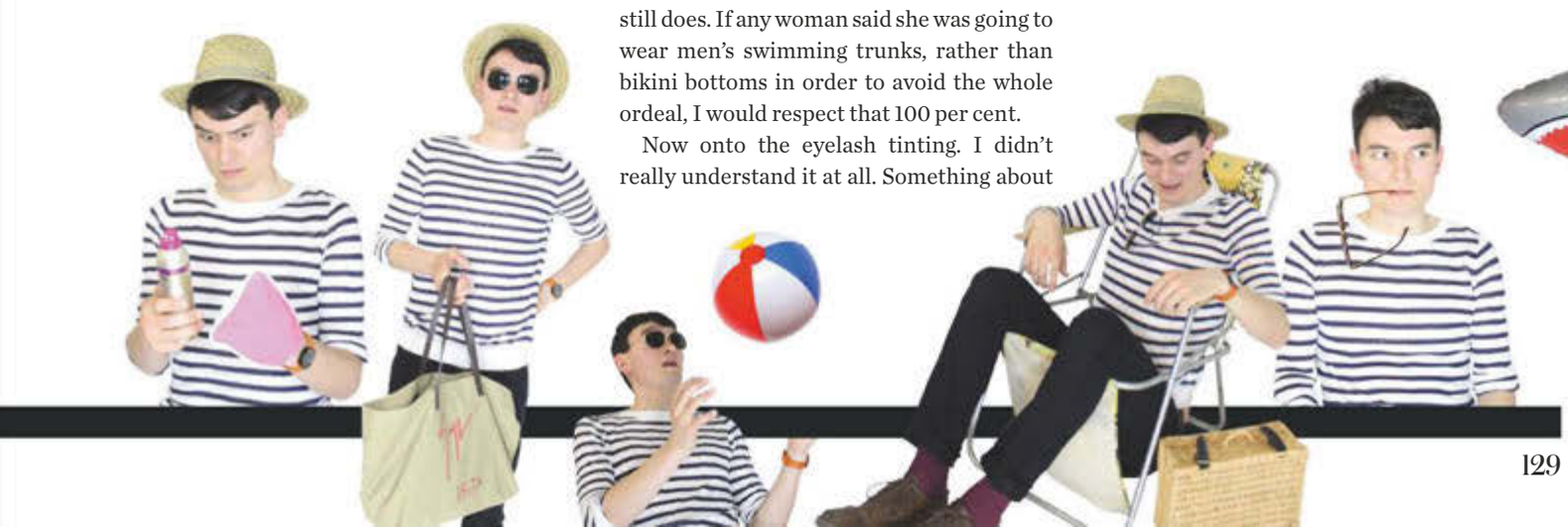
Now, full disclosure: I am not a total wax virgin. On my last holiday, I decided to use some of my girlfriend's Veet strips to remove the strange-looking rings of hair that form around both of my nipples. And that's it. But this? This was nuclear. Pre-appointment, I downed two quick pints of lager, which I think helped dull the pain a little bit (apparently, this is not uncommon). It took almost an hour and a half to do my legs and give me a Brazilian, although we ran out of time before we could do my bum. But I guess this isn't something women have to worry about much. Well, most women, anyway. When I got home, my girlfriend immediately demanded to see the results, then squealed and pulled a rather horrified face. She definitely prefers me with pubes. So do I. My whole lower body felt soft, tender and fleshy. And a week on, it still does. If any woman said she was going to wear men's swimming trunks, rather than bikini bottoms in order to avoid the whole ordeal, I would respect that 100 per cent.

Now onto the eyelash tinting. I didn't really understand it at all. Something about making them darker, so you don't need to wear mascara on the beach? I don't use mascara, but gave it a crack anyway, and 15 minutes later I had slightly fuller lashes that I doubt anyone noticed.

I had the full-body spray tan on a Saturday morning, which meant hauling myself into town instead of chillaxing in my pants. The guy who did it, James, was lovely and suggested I go for a light shade given that this was my first time. 'Right, let's get you golden!' he declared, and started spraying. I hadn't expected it to feel so cool on my skin, but it wasn't exactly unpleasant. Less than ten minutes later, I was done, and left the spa with an entirely believable tan. I go dark pretty easily, though, so to anyone who knew me, I could have just fallen asleep in the park on a really sunny day.

So, here I am, tanned and smooth, with soft feet and (apparently) luscious lashes. I sympathise with what women go through before they set off on holiday, but then I also understand that it makes them feel comfortable and confident. For the most part, I felt stressed and self-conscious – and if I'd been paying out of my own pocket, skint to boot. It did make me want to go on holiday, though – if only to recuperate from it all.

@BEN_MACHELL



PHOTOGRAPH BY ALAMY





LUMINISE YOUR HAIR, LUMINISE YOUR LIFE
48HR* SHOW-STOPPING SHINE

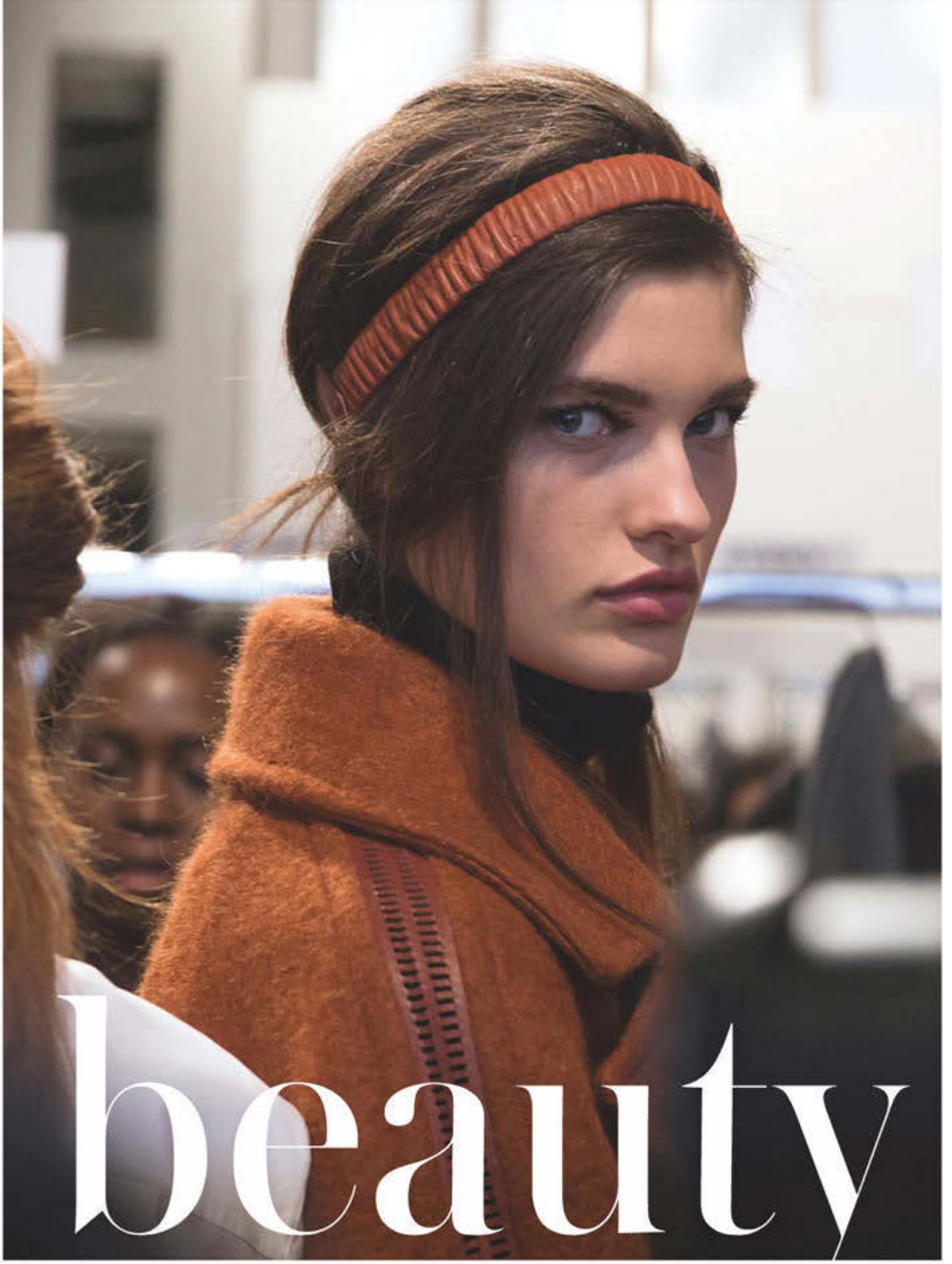
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- WEIGHTLESS, FLUID TOUCH.

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L'ORÉAL
PARIS



beauty

Actress ***Rebecca Ferguson*** takes a fresh look at no make-up make-up; ***Natalia Vodianova***'s enviable beauty regime; plus ***Anja Rubik*** gets her boxing gloves on

PHOTOGRAPH TAKEN BACKSTAGE AT FENDI BY IMAXTREE



WORDS AND BEAUTY STYLING BY **CASSIE STEER**

DONE BUT UNDONE

So what about when we want to ramp things up a bit for an evening? 'We all want our appearance to reflect who we are but, if the work we've put in is too conspicuous, it gives the impression we're trying to be something other,' says Alex Babsky. OK, so we understand that effort feels a bit try-hard but we still want to look good. What's the solution? 'Even when we want a more dramatic style, it looks more genuine when it's less laboured (or at least looks less laboured),' says Babsky, who whipped up a quick, 'diffused' eye on Rebecca. 'A single-toned wash of colour is just about the easiest eye make-up you can do, adding drama without visible effort. Use a cream formula in a soft almond shape and finish with a slick of non-clumpy mascara.'

PRO TIP 'After applying your foundation, add some subtle sculpting by working in a little cream contouring where you want the extra definition before continuing with the rest of your make-up. This gives a more imperceptible finish than shading with a powder product on top of your make-up),' says Babsky.

Opposite page, cardigan, £135, Fred Perry (fredperry.com); polo-neck, £309, J Brand (selfridges.com). *This page,* polo-neck, £139, Baum und Pferdgarten (baumundpferdgarten.com)



NORM CORE

So you've heard of normcore fashion and the grey marl jumper thing. Now say hello to the make-up equivalent, which is all about the bare but beautiful face. Actress Rebecca Ferguson works the look

No-make-up make-up. Beauty without looking as if we've tried. We all want that, don't we?

As make-up artist Alex Babsky of Lancôme UK, who created the looks for our shoot, puts it: 'Although there are always plenty of exciting and colourful trends running counter to the natural look, there is also an enduring desire to use make-up to subtly enhance.' He adds, 'After many decades of having a trend-led "look" – for example, the red lips and winged eyeliner of the 40s – not having one has become a look in itself.'

Futurologist Dr Morgaine Gay says, 'We're living in an age when seeing is no longer believing. We have less trust in everything from celebrities to our friends, as they post their pretend-perfect lives on social media. Reality is what we crave, and less (including make-up) is now more.' Instagram has a lot to answer for, it seems.

According to Victoria Buchanan from the Future Laboratory, 'Consumers now take inspiration from their peers on social media, so our views of beauty have changed. In the age of the selfie, the pressure to be photo-ready at all times can feel overwhelming. We're questioning the effects of social media and the time we spend editing our own self-image. Generation D in particular is becoming more sceptical of brands that paint an unattainable vision of beauty.' The answer? Get real! Here's how.

BORN LIPPY

'My favourite way to keep lips looking current is to use the opposite type of texture for the surrounding skin,' says Babsky. 'On matte make-up I'll use a shinier lipstick, and, on Rebecca's dewy complexion for these pictures, I went for a velvety matte finish.' So what's the most modern colour for lips that don't scream: 'I'm wearing lipstick'? 'For polished but understated lips, you can select the depth of colour you feel comfortable with, but choose a tone that's close to your natural lip colour,' says Babsky. 'Erring on cooler, pinker territory will start to look "prettier", while a warmer shade will look more classic, so I tend to go for somewhere in the middle. Keep it looking effortless by making sure everything else is diffused and undefined – I simply added a soft wash of shimmery mushroom eyeshadow.'

PRO TIP 'For the most modern finish, press your chosen colour on to the lips with your fingers – the curve of your finger will keep the edges looking neat but soft. Creating a particular lip shape could cause this lipstick to look vintage.'



Sweater, £234, Maison Kitsune (kitsune.fr); polo shirt, £115, Fred Perry (fredperry.com); trousers, £516, BCollide (bcollide.com)





This page, shirt, £52, MICHAEL Michael Kors (theoutnet.com). *Opposite page*, polo-neck, £139, Baum und Pferdgarten (baumundpferdgarten.com)

PERFECTLY REAL SKIN

'In the past, foundation formulas were meant to mask freckles and create a completely blank canvas on which to start again,' says Babsky, who added a few cheeky faux freckles to Rebecca's naturally freckly complexion in homage to shows, such as Preen, that made them a feature this season. 'As formulas have improved, we've been able to perfect complexions in subtler ways; light, modern foundation formulas, such as Lancôme's Miracle Cushion, £29.50, can refract light and even and blur out imperfections without having to mask them. The goal of today's foundations is not to look like foundation at all – but rather great skin, and visible freckles help with this illusion.'

PRO TIP 'The melanin that we perceive as freckles sits within the skin rather than on top of it, so simply drawing them on your face won't give a believable finish – it's best to apply several layers of freckles,' says Babsky, who recommends using a cool-toned brownpencil to dot your freckles on before patting in the colour and then repeating the process.

BORDERLINE

Give your eyes some oomph without making a statement. 'This look gives traditional definition at the lash line, but without any flick or tail at the end. All vintage connotations are removed and it immediately looks more modern,' says Babsky. 'Starting at the inner corner, I ran the liner all the way along the upper lash line and stopped once I reached the last few eyelashes. I used an eyeliner pencil, which gives a slightly softer finish, as I wanted to avoid the retro feel of liquid eyeliner.' **PRO TIP** 'Any eye shape can wear this look, but be mindful of how much visible lid you have. If your crease is low, draw a finer line. Keep it looking effortless by making the liner the only real statement, using mascara on the top lashes only.'



INTERVIEW BY **GEORGE DRIVER**

'WHEN I WAS



Sweater, £320, John Smedley (johnsmedley.com); polo-neck, £24.95, Lands' End (landsend.co.uk)

younger, I tried to rub my freckles off with lemon juice. Obviously, it didn't work!' laughs Rebecca Ferguson. Half-Swedish, half-British and with naturally glowing skin, the 31-year-old actress modestly fails to mention that she's Tom Cruise's new BFF, starring with him in *Mission: Impossible – Rogue Nation*. A Scandinavian soap star turned Hollywood heroine, she's made three big films in 2015 alone (one with Meryl Streep). We stole a moment in her on-set trailer to talk about riding camels, fighting in heels and accidentally dyeing her eyebrows black.

Let's cut to the chase: *Mission: Impossible* is quite a big deal.

'I was on a camel called Barbie in Morocco when I got the call, and 17 hours later I was in London, meeting Tom Cruise for the first time. We chatted for two hours but after ten minutes and an espresso, I just forgot who I had opposite me. The day I got the part, I flew to London and was driven straight to the gym to train for six hours!'

OK, we need to know more about Tom.

'The way he works and moves, the way he meets people, is a lesson in itself. I'm happy I got to study him for eight months. It was so intense, in a way I'd never worked before.'

He's known for doing all his own stunts. Did you keep up?

'On the first day of shooting, we were leaping off a rooftop in Vienna and I had vertigo. The director said I didn't have to do it, but I thought: "Fuck it! I want to do it." They didn't tell me about the 120ft free fall that was coming up.'

Pretty impressive! Did that work in a dress?!

'Hell, yeah! I'm in a gown, man. I'm running in heels. But both Tom and I said: "Shall we take the shoes off? Let's fight without shoes,' because we wanted my character to be quite raw. The more bruises I had, the more I felt I'd worked. I came home thinking: "Wow, that's a semi-blue leg."'

What do you think of today's bare-faced looks?

'I love the androgynous purity of the make-up. The drawn-on freckles were incredible. I thought I was going to look like Pippi Longstocking, but it was actually really subtle. It looked like me, but sun-kissed.'

So you're not into heavy make-up?

'When I come off the set, I take all my make-up off. I just love washing my face; I have a thing about it, splashing it with cold water so it wakes up. Then I use a lot of coconut oil from Whole Foods Market and Kiehl's Refreshing Mist on my face. I love Elizabeth Arden lip balm as well, and use it everywhere, even on my eyelashes.'

Any beauty horror stories?

A friend of mine dyed my eyebrows when I was younger, and she left the colour on a tad too long, so they were completely black. I couldn't do anything about it. I didn't want to bleach them so they stayed like that for ages.

Speaking of hair dye, you went blonde for a bit.

'On the morning of the read-through for *The White Queen*, I was standing in my pyjamas with no make-up on, and the producer said: "Your day starts now. We're going to bleach your hair." I got used to it, but I love my natural dark hair.'

What would you do if you were queen for a day?

'I've always wanted to do the royal wave. I'd probably go around in my carriage with lots of friends in it, and have a massive picnic, just because I could.'

This year is looking pretty exciting. How do you chill out?

'Well, I own a windmill, which I'm renovating, but it's not livable-in right now. When I'm at home, I've got a hammer in my hand and the walls should be scared!'

Mission: Impossible – Rogue Nation *will be in cinemas on 30 July 2015*

MAKE-UP BY ALEX BABSKY USING LANCÔME. HAIR BY NAO KAWAKAMI AT SAINT LUKE ARTISTS. NAILS BY KIM TREACY USING LANCÔME. STYLING BY LULU WENTWORTH. PHOTOGRAPHER'S ASSISTANT: RHYS THORPE. SET DESIGN BY JEMIMA HETHERINGTON



THE KIT

1 Hypnôse Volume-à-Porter, £22.50, Lancôme (lancome.co.uk) **2** All About That Base, £22, Deborah Lippmann (liberty.co.uk) **3** Miracle Cushion, £29.50, Lancôme (lancome.co.uk) **4** Le Contour Pro in 211 Beige Rosé, £22, Lancôme (lancome.co.uk) **5** Lip & Cheek Bloom in No.1 Rose, £24, Burberry (burberry.com) **6** Ombre Hypnôse Stylo in 04 Brun Captivant, £22, Lancôme (lancome.co.uk) **7** New York Brow Drama in Medium Brown, £4.99, Maybelline (boots.com) **8** Magic Kajal, £17, Givenchy (01932 233824) **9** Freckle Pencil in Forever Young, £5, Topshop (topshop.com) **10** Ombre Hypnôse in Perle Ambrée, £17.50, Lancôme (lancome.co.uk)**11** Lip Color Matte in First Time, £37, Tom Ford (selfridges.com)

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THE BEST ADVICE WE'VE EVER HEARD

INSTYLE BEAUTY ASSISTANT GEORGE DRIVER SAYS...

If you're doing a classic plait, keep your chin up, away from your chest, to avoid that pouf at the base of your neck. **TRY** Braid Aid 03, £19, Redken (redken.co.uk)





CRYSTAL CRAZY

It might sound a bit hippyish, but crystals are the latest celeb facial obsession. No chanting required...

1 New-age skincare has gone luxe. Själ's Bio-Regeneratif Serum, *above*, (£205, harveynichols.com) has malachite extract to even skin tone, while Kita's Earth Moisturising Serum Complex (£155, kitaworld.com) contains topaz to encourage cell renewal and rebalance energy. Very Zen.

2 Brit facialist Georgia Louise's rose-quartz Lift and Sculpt Butterfly Stone, *left*, (£29, uk.spacenk.com) has fab healing benefits. Massage the stone over your face after cooling it in the fridge to de-puff and brighten. The rose quartz magic also helps reduce wrinkles and acne.

3 Get happy with Prismologie's confidence-boosting Yellow Day Body Lotion, *left*, (£35, uk.spacenk.com), packed full of energising citrine crystals. Feeling a little more chilled? Try its Green Epoch Bath Oil (£40, uk.spacenk.com), with jade micro-crystals and vetiver to help give you a sense of harmony while gently exfoliating skin. And breathe...



MAX MARA

NOTES FROM THE BEAUTY DESK



ART ATTACK

Beauty meets art with these latest collaborations, proving face-painting isn't just for kids

DONALD ROBERTSON X SMASHBOX

He broke Instagram with his fashion illustrations, helped found MAC, and now Donald Robertson has teamed up with Smashbox. Think pop-art-inspired lipsticks and eyeliners in cool, custom-drawn sleeves. Try Be Legendary Lipstick, £16, and Photo Angle Pure Pigment Gel Liner, £18 (smashbox.co.uk).



DAN GOLD X SANCTUM SOHO

When Kate Moss' tattoo artist and Soho's hottest hotel come together, you know it's going to be good. The result? Pretty-meets-edgy skull and rose-print beauty bags, perfect for storing your rock'n'khol essentials in. From £12.50 (keepmeinspired.co.uk).

SARA POPE X BAREMINERALS

'Beauty can be empowering, confidence-giving, sexy and fun. It's transformative,' says artist Sara Pope. And she would know. Her hyper-real paintings of glossy lips were the basis for her new collection with BareMinerals. We love Blush Balm (£20, bareminerals.co.uk).

WORDS BY GEORGE DRIVER PHOTOGRAPHS BY JASON LLOYD-EVANS, INSTAGRAM/DONALD ROBERTSON, STILL LIFES BY PIXELEYES



No one knows nail polish quite like Sally Hansen. Bring a little bling to your beauty routine with its 18K Gold Hardener (£7.95, nailpolish direct.co.uk) to instantly strengthen swimming-pool-soaked nails.



BEAUTY CUPBOARD CONFIDENTIAL

WHAT'S LANDED THIS MONTH

WHAT E03 Bodywash, £20, Escentric (escentric.com)
WHY 'The legendary perfume laden with pheromones is here in a body wash.' *Cassie Steer, beauty director*





WHAT Rénergie Multi-Lift Day cream, £64, Lancôme (lancome.co.uk)
WHY 'Perfect for plumping fine lines. I feel a classic coming on...' *Jess Lacey, acting beauty editor*

WHAT Oliver Peoples Eau De Parfum, £105, Byredo (byredo.com)
WHY 'The coolest beauty collab ever – all we need is the matching specs.' *George Driver, beauty assistant*



5 MINUTES TO...

Get ready and glow

We've all been there. You're sure you left enough time but the dog/cat/boss/baby/phone call made you late and now there's only five minutes left before you have to leave the house. Panic sets in. What can you do in just five minutes? Clarins has the perfect products to create a natural, glowing make-up look that looks like you, only better. It's just about arming yourself with the right products (which you probably have room for in that massive make-up bag you cart around) and using them efficiently. All great make-up looks start with good skincare, so don't go anywhere near a foundation until your skin is prepped. Start by patting in some hi-tech cell renewal like Clarins Double Serum and finish with everyone's favourite skin-transformer, Clarins Beauty Flash Balm. Now you're ready to roll.



ACE OF BASE

There's no time for elaborate blending, so work with the best tools you've got – your fingertips. Pat Clarins BB Skin Perfecting Cream, £30, onto your forehead, cheeks and chin and then blend using sweeping motions.

CHEEKY THING

Pink blusher will give you that perfect healthy flush. A few dots of creamy Multi-Blush, £18.50, on each cheek, carefully blended in, will give skin an instant warmth making you look fresh as a daisy.





MAGIC WAND

A lengthening, volumising mascara is your best pal when time's a-ticking. Wiggle Wonder Perfect Mascara, £21.50, into the roots of your lashes and out to the tips, pressing gently to create a satisfying curl.

PLUMP IT UP

Shiny lips in a barely there shade look low maintenance but high class – the perfect combo. Choose a lipstick packed with nutrients like the Instant Light Lip Balm Perfector, £18, to get that juicy pout, the natural way.



#LUSTLIST

EDITORS' PICKS

The InStyle team's must-have products of the month

'This wash-out spray shows up even on my dark blonde hair. But brush out any excess before getting dressed!' Jess Lacey, acting beauty editor
Hair Art in Pink Ink, £5.99, Fudge Urban (fudge.com)



'The pomegranate extract in these pretty pink shades helps my nails, and all you need is one coat.' Libby Scarlett, freelance designer
Perfect Pink nail polish in Petticoat Lane, £14, Nails Inc (nailsinc.com)



'It looks like a lipstick but is actually a bright pink gloss. I layer it up to control exactly how bright I want to go.' Emma Hargadon, fashion assistant
Dior Addict Fluid Stick in 779 Plaisir, £26.50, Dior (dior.com)



'This makes my skin super-smooth, reduces my pores and it's a gorgeous pink!' Claire Clifton Coles, picture editor
Pink Perfect Crème, £34, Erborian (selfridges.co.uk)



'I put this pearly cream on wet hair before braiding to get Hollywood-worthy waves.' Phoebe Sing, senior designer
Hollywood Waves Sculpting Gel-Cream, £14.99, L'Oréal Professionel Paris (feelunique.com)



'I wear pink on my lips every day, so this matte-finish fashion-collab lipstick is perfect.' Amy Bannerman, fashion editor
Giambattista Valli lipstick in TATS, £17, MAC (maccosmetics.co.uk)



'The smell of berries in this face mist is lovely for summer, and very refreshing.' Viet Tran, junior designer
Pivoine Sublime Perfecting Mist, £14, L'Occitane (uk.loccitane.com)



'This cream is like real-life airbrushing with long-term effects – I wear it under make-up to help blur fine lines.' Susan Henderson, chief sub-editor
Prevage Anti-Aging Wrinkle Smoother, £65, Elizabeth Arden (feelunique.com)



'This orange blossom and jasmine is the dream summer scent.' Chloe Mac Donnell, editorial assistant
Les Infusions De Prada Fleur D'Oranger perfume, £84, Prada (selfridges.com)



'Two for the price of one, this lip-and-cheek cream, inspired by English blooms, is gorgeous dabbed on with your finger for a soft hint of colour.' George Driver, beauty assistant
Lip & Cheek Bloom in Purple Tulip, £24, Burberry (burberry.com)





InStyle is also available on tablet, for an instant beauty update

COMPILED BY GEORGE DRIVER. STILL LIFES BY PIXELEYES

10 MINUTES TO...

Smoky eye drama

It's been a hectic day, but at least it's over – and now you're desperate to make the most of your evening. Our guess is that you'd rather have more time out than spend it preening at home. Understood. The good news is Clarins has everything you need to take a look from day to night – and it doesn't have to mean starting all over again. With just a few tweaks, your day make-up can be transformed into a sophisticated evening look with skin that's polished to perfection.



LIGHTEN UP

No need to add more coverage – it'll just make skin look chalky. Opt for radiance instead. Smooth Clarins Instant Light Radiance Boosting Complexion Base, £26.50, on top of your daytime base, working from the centre outwards. This will give your skin a much-needed brightening boost.



UNDER COVER

Conceal those dark, under-eye circles with a super-blendable formula like Instant Concealer, £21.50. It melts into the skin to hide grey tones and eliminate puffiness.

BIG SMOKE

Need an easy eyeshadow trick? Use your middle finger to dot Ombre Matte Eyeshadow, £19, on the centre of your lid, then blend outwards to soften the edges and match to the individual shape of your eye.





LINE AND DEFINE

Add intensity to your smoky eye with Crayon Khol Liner, £17. Draw it along your upper and lower lash lines, then using the blender on the other end, smudge the lines to stop them looking harsh.

STENCILS
Paint by Numbers Nail Art, £8.99, Lottie London (superdrug.com)

POLISH
Nude nail polish, £11, Bobbi Brown (selfridges.com)

POLISH
Le Vernis Mediterranée 707, £18, Chanel (chanel.com)

TOP COAT
Studio matte overlacquer, £10, MAC (maccosmetics.com)

BRUSH
Skinny nail artist brush, £15, Rococo (uk.spacenk.com)

POLISH
Darling Blue 791, £19, Dior (dior.com)



PRO SECRET NAIL ART

ANATOLE RAINEY

OTT crystals not your thing? No problem – there's a heap of other ways to ramp up your nails. Hipster manicurist for Dior, Anatole Rainey shares his top tips for top tips

POLISH
Roma's Ruin Glitter Effect Nail Polish, £9, Wah London (boots.com)

POLISH
Black Out 982, £19, Dior (dior.com)

DOTTER
Nail dotting tool, £3.99, Bourjois (superdrug.com)

ART NOUVEAU

'Nail art has been around since the 30s. It's anything that isn't just plain polish, but it definitely doesn't have to be complicated,' says Rainey. Not convinced? Make like the Dior a/w 2015 show and simply paint your hands different colours. 'We're not talking clashing colours here – it was very subtle with, say, a burgundy on one hand and black on the other, but it just lends a different skew as it's a bit unexpected.'

LICKETY SPLIT TIPS

'The quickest way to add a bit of interest to your nails is to play around with textures and top coats. I always think a matte tip is great for adding a subtle twist, but if you're feeling slightly more artistic, the "negative space" trend is still going strong. This season there's more "negative" than colour, which is great for nail-art-phobes, as it means painting a simple stripe or symbol onto a bare or nude nail.'

TOOLS OF THE TRADE

'If you're really into your nail art you'll already have every tool going, but for novices a fine brush is all you need. I like to keep things simple and graphic by painting a diagonal colour across a nude nail (a bit like a diagonal French manicure), and that way you can always use a bit of tape to help you create the straight line. You just have to make sure your base colour is totally dry before applying it.'

GLITTER FOR GROWN-UPS

'You can make nail art work for any occasion. For a black-tie event, start off with a dark base colour and then use a sparkly polish over the top, gradually grading the sparkle towards the tip – a bit like a glittery ombre. For boardroom situations on the other hand, I'd stick to something nude, but I would add in a half moon or tip in a paler colour. You still want to be taken seriously.'

COMING UP SHORT?

'Having a bit more length obviously gives you more space to play with, especially if you're attempting detailed designs, but those long stiletto-shaped nails look a bit dated now, so I'd always go for short and neat. I've never been one for leaving a gap at the edges of the nails but you *can* use nail art to give the illusion of longer, slimmer nails. Like clothes, always go for vertical over horizontal stripes.'

COMPILED BY CASSIE STEER. PHOTOGRAPHS BY INSTAGRAM/ANATOLERAINEY. STILL LIFES BY PIXELEYES

15 MINUTES TO...

Full-on glamour

You've slipped into that gorgeous cocktail dress, mastered the towering heels and by some miracle you've found yourself with a full quarter of an hour in front of the mirror. Time to create something special with a little help from Clarins. Eye make-up applied earlier in the day should have worn in, creating that sexy, lived-in look à la Sienna Miller that seems to be on trend every single season. Make the most of it we say, and wear with confidence.



PRIME TIME

You want your make-up to stay out just as late as you, so give your base something to bond with. Clarins Instant Smooth Perfecting Touch, £26.50, fills in lines and pores so foundation can just glide on.

EVEN THE SCORE

Late night skin often contains less moisture, so choose a foundation packed with hydration so your skin beams. Apply True Radiance Foundation, £27.50, with your fingers only to the areas that need a bit of extra coverage.



THE LIGHT FANTASTIC

Use Instant Light Brush-On Perfector, £25.50, to accentuate the areas that naturally hit the light – the bridge of your nose, Cupid's bow and inner corners of your eyes.

JOIN THE LINE

Cheat your way to the perfect lashline by dotting 3-Dot Liner, £21, between each lash to make your look naturally defined. Clever.





BROW POWER

Never underestimate how much a gorgeous brow can set off your eyes. The Perfect Eyes & Brows Palette, £35, is your best bet for matching your natural colour. Finish by brushing through with the wax to set it.

COLOUR POP

By our calculations, you've got about 20 seconds left, so who's up for a seductive lip? Good. If you're not practised at power pouts, choose one with buildable pigment like Rouge Eclat, £19.50. A darker, aubergine shade will set off smoky eyes.



WANT MORE tips and advice about how to work these looks? Head down to any Clarins counter and they'll give you a free make-up consultation and some great product samples to practise with. For your nearest counter visit clarins.co.uk

THE SEARCH FOR YOUNGER LOOKING SKIN IS OVER.

1 CREAM, 100 AWARDS.



Olay Total Effects is a simple solution for younger looking skin. With **7 age defying benefits in 1, and 100 awards across the globe**†, it's all your skin needs. The 7-in-1 from the world's number one.

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†Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014

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YOUR BEST BEAUTIFUL™

INTERVIEW BY
CASSIE STEER



Model, mum and owner of *those* brows, Ms Vodianova reveals how she puts the 'super' into supermodel

BEAUTY TALK

Natalia Vodianova

FIRST UP – FOUR KIDS. SO, THEY'RE IN A CRÈCHE WHILE YOU SPEND DAY AND NIGHT IN A GYM, RIGHT?
'Ha! No. I guess I've been lucky, as I didn't really do anything for the three years leading up to having Maxim [her fourth child] – I guess falling in love kept me fit. After I had him, someone recommended Pilates, as it rebuilds all the muscles in your inner core, and now I completely love it. I do it about once or twice a week, and it's probably the best thing I've done for my body.'

THAT SOUNDS VERY LOW MAINTENANCE FOR A SUPERMODEL. DO YOU TAKE THE SAME APPROACH TO BEAUTY?
'Absolutely. Apart from religiously cleansing and moisturising my skin day and night, and going to Leonor Greyl every couple of weeks to get my hair done, I don't have a complex beauty routine. I never do masks or go to spas, and I prefer to do my own make-up for red-carpet events.'

DOING YOUR OWN MAKE-UP FOR THE RED CARPET IS IMPRESSIVE – BUT THE TEST IS, CAN YOU CONTOUR?
'I'm a contour pro – I do it all the time! The trick is to always add a bit of blusher. That really chiselled look is fine for pictures, but for real life I find it a little weird. So, I always apply a touch of blusher on top of my cheekbones, just under the eye – it really helps create the look of high cheekbones. Just make sure the blusher doesn't imitate the shape of the contour – it should be round and small, and never too close to the nose.'

OK, YOU WERE RIGHT ABOUT BEING A CONTOURING PRO. ANY TIPS FOR GETTING SUPERMODEL LOCKS?
'I had long hair right at the beginning of my career, then it all got ruined, but now it's better than ever before as I've been having B Pantene Biotin injections. It's worked wonders for my hair – it's crazy how much it's grown. Obviously, when you're pregnant you have amazing hair, but after giving birth you lose it all, as there's no more of that pregnancy magic – that's when I decided to give nature a helping hand.'

VITAMIN SHOTS? OUCH. SPEAKING OF OUCH, PLEASE TELL US YOU NEVER TOUCHED THOSE BROWS?
'No, luckily my grandmother stopped me. It's so funny, because she actually caught me starting to pluck them when I was about 14 or 15 and said, 'Stop it, those eyebrows are one of the most important things in your life.' At the time, I couldn't understand why she was so bothered, but it was almost like a slap in the face – in a good way – and I haven't touched them since.'

IS THERE ANYTHING YOU CAN'T LEAVE THE HOUSE WITHOUT, BEAUTY-WISE?
'Not really, as I travel so much that I just get on with it. But I do like to spritz a bit of perfume before I go out – my favourite right now is Calvin Klein's Euphoria.'

PORTRAIT OF NATALIA VODIANOVA, WEARING CALVIN KLEIN, BY ROBBIE FIMMANO



2014

'I did the hair and make-up look here myself, which is why it's really simple. Sometimes having a team can make it more stressful.'



MY MOISTURISER
Super Aqua-Crème Day Cream, £70, Guerlain (debenhams.com)

MY HAIR CLEANSER
Antioxidant Cleansing Milk, £31, Christophe Robin (net-a-porter.com)



MY EYE PENCIL
Rock 'N' Kohl Pencil, £19, Charlotte Tilbury (charlottetilbury.com)



'I'm a contour pro. I do it all the time.'



BRONZER
Bronzing Powder in Terracotta 01, £37.50, Guerlain (debenhams.com)

2015

'This look was for a Calvin Klein party in Cannes. I wore a sheer dress, so I kept my hair beachy and did a smoky eye.'







2006

'I loved this sharp bob. It felt like more of a statement when I went out, but it was also high maintenance – you have to take care of it.'

2015

'I always wear red for Naked Heart Foundation events, but this time I really went for it and did scarlet lips, too, as my dress was a bit 40s.'

MY PERFUME
Euphoria EDT 50ml, £40, Calvin Klein (available nationwide)

NATALIA'S MUST-HAVES

SOFT FOCUS
'I always do some sort of smudgy eye if I'm going out, and Charlotte Tilbury Rock 'N' Kohl pencils are fantastic.'

FACE VALUE
'The first time I tried Guerlain Super Aqua-Crème Day Cream, it was like a marriage made in heaven – I've been using it for years now.'

INNER STRENGTH
'When I'm not having B Pantene Biotin injections, I'll take it in supplement form instead. Especially after creating my latest work of art – [my son] Maxim.'

SCENT BOOST
'My fragrance tastes have changed with age, but Calvin Klein Euphoria is so lovely and fresh – it's like a little pick-me-up.'

SUN SENSE
'I've had to be more careful with my skin since having children, as it reacts to the sun much quicker. I've now started getting freckles and pigmentation, so I use La Roche-Posay's Anthelios XL 50+.'

TRESS TAMERS
'I swap my hair products around depending on what it needs, but I always use Philip Kingsley's Re-Moisturizing Shampoo (£17, philipkinglsey.co.uk) after I've been using lots of styling products. I also love Christophe Robin Cleansing Milk.'



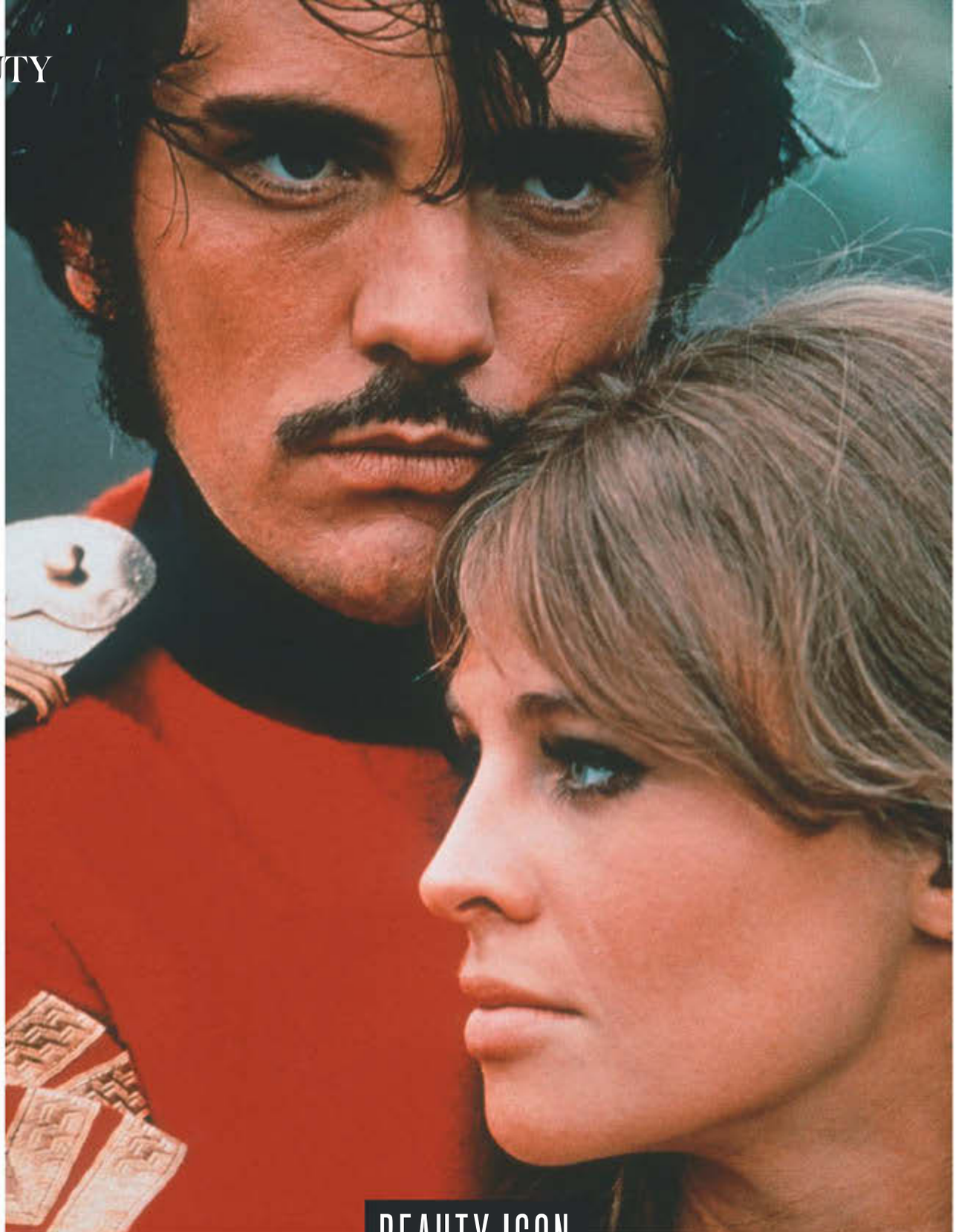
MY SUPPLEMENTS
Biotin 1000 mg Vegetable Capsules, £6.39, Solgar (nutricentre.com)

MY SUNCREAM
Anthelios XL 50+, £17, La Roche-Posay (boots.com)



PHOTOGRAPHS BY GETTY IMAGES, IDS, REX FEATURES. STILL LIFES BY PIXELEYES. NATALIA VODIANOVA IS THE FACE OF CALVIN KLEIN EUPHORIA


Overdone it
this summer?
Turn up the
hair
conditioning
Lazy summer days? Err, no.
Crazy summer days? You betcha.
Give summer hair the kiss of life with
Aussie Beach Mate Collection.
It's beached-out hair's
lifeguard in a bottle
(minus the 6-pack).
DINKY TRAVEL SIZE
AUSSIE
3 MINUTE MIRACLE
BEACH MATE
250 ml
AUSSIE
3 MINUTE MIRACLE
BEACH MATE
75 ml
AUSSIE
"There's more to life than hair but it's a good place to start."

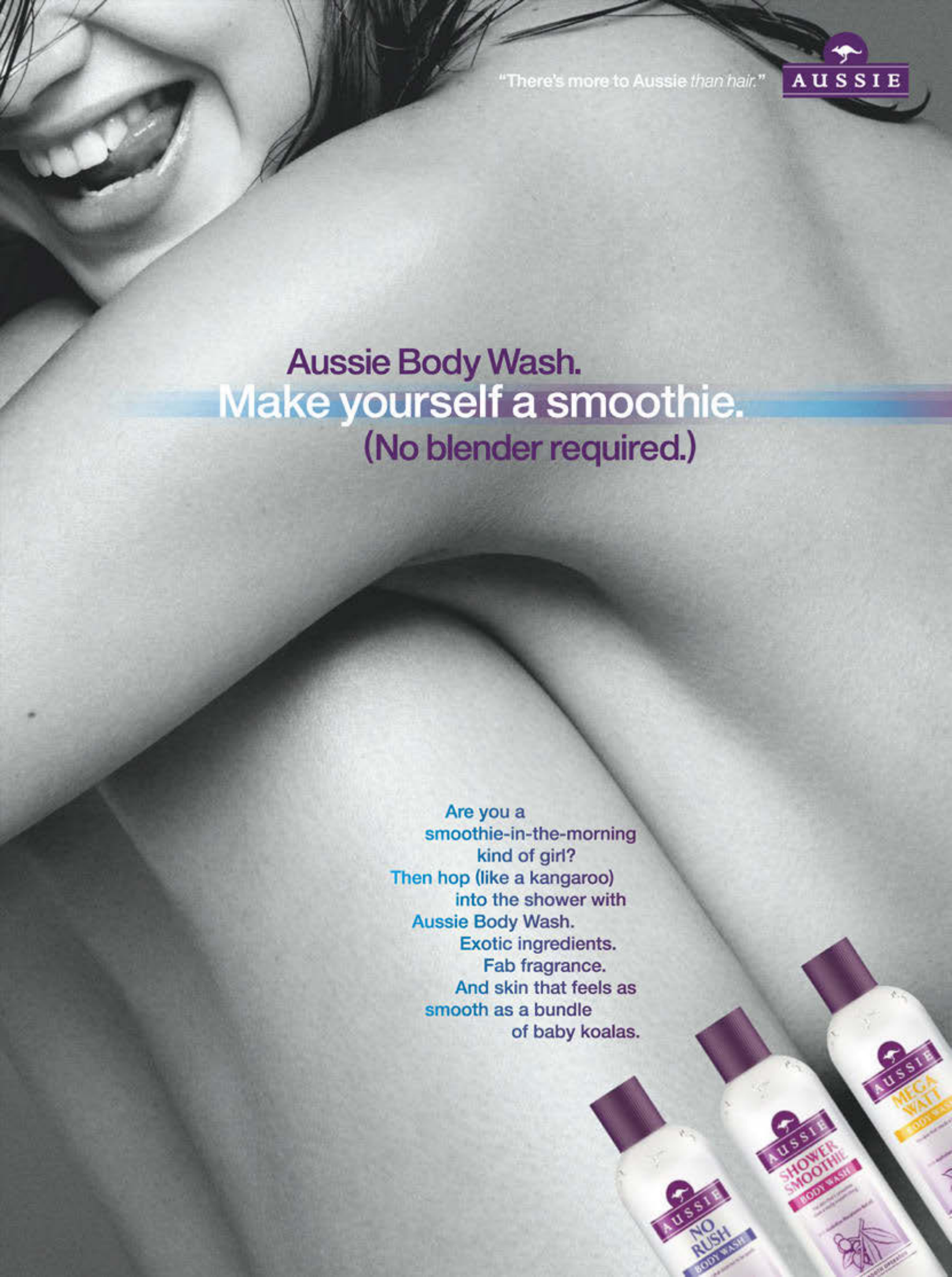


WORDS BY CASSIE STEER. PHOTOGRAPH BY VIC/APPIA/THE KOBAL COLLECTION

BEAUTY ICON

Bathsheba Everdene

If ever there was a poster girl for an independent woman, it's Bathsheba Everdene. The shoes on her feet? She bought them. The house (well, farm) she lives in? Strictly speaking she inherited it from her uncle, but you get the picture. Even before Carey Mulligan wowed audiences as Thomas Hardy's headstrong heroine, she was memorably brought to life by the ravishing Julie Christie in the 1967 film adaptation of *Far From The Madding Crowd* and we're still crushing on her. There's something about Julie's doe eyes and that 60s-meets-Victoriana hair and make-up that still makes us sigh. How to get the look? Her make-up is 'actually very elegant and contemporary', according to celebrity make-up artist and UK ambassador for Max Factor, Caroline Barnes. 'Aside from the rather on-trend brows and lightly smoked eyes, the focus is on the skin, with soft velvety tones that give a powdery delicacy,' she says. Combine with a nude lip and some girl power.


"There's more to Aussie *than hair.*"
AUSSIE
Aussie Body Wash.
Make yourself a smoothie.
(No blender required.)
Are you a
smoothie-in-the-morning
kind of girl?
Then hop (like a kangaroo)
into the shower with
Aussie Body Wash.
Exotic ingredients.
Fab fragrance.
And skin that feels as
smooth as a bundle
of baby koalas.
AUSSIE
NO RUSH
BODY WASH
AUSSIE
SHOWER SMOOTHIE
BODY WASH
AUSSIE
MEGA WATT



THE LITTLE *miracle!*

Meet our skin's new best friend,
Lancôme's Miracle Cushion Foundation.
Here's why it had us at hello...

Let's face it, finding the right foundation can be tricky. Navigating a sea of bases and tinted moisturisers can be more exhausting than trying to find the perfect pair of jeans. So when you find that solve-all-problems flawless base, it's way more than just a eureka moment – it's a total beauty game-changer.

Ladies, meet Lancôme's Miracle Cushion Foundation. A new application technique that originally hailed from South Korea (the country that brought us BB creams and lash extensions), the 'cushion' foundation is great for anyone who wants amazing-looking skin in zero time.

With this chic silver compact, which contains a sponge saturated with its super-hydrating base, plus a pad to apply it with, Lancôme has officially nailed one of the easiest ways to get your glow on the go. Whether you use it on its own or as a touch-up on top of your favourite foundation, it's totally public-transport friendly.

Need five reasons it'll change your life? This is going to be easy...







1. You can stay in bed longer

Being able to do your foundation on the train in one simple step, without juggling foundation bottles, brushes, mirror and gaining a few weird looks on the way, is a *big* Monday-morning win. This is where the genius 'cushion' concept comes in. Just flip open the compact and use the cute applicator pad to dip into the sponge for flawless, buildable coverage in a matter of seconds. No mess, no fuss and more space in your make-up bag. The commute never seemed so good, did it?

2. You'll look picture-perfect all day

Hitting the sweet spot between foundation and CC cream, this fresh-feeling formula doesn't just sit on your skin, it kind of *is* your skin. So when the sun finally decides to show its face, we know this foundation's light consistency, long-lasting staying power and skin-protecting SPF makes it the complexion-friendly foundation we've all been waiting for. That dream dewy finish and natural-looking radiance just became a reality. Selfies at the ready!





3. You can do your make-up wherever

They say the best things come in small packages, and we're inclined to agree – if it can't fit in a clutch bag, forget it. The crème de la crème of compacts, Lancôme's Miracle Cushion Foundation is sleek, silver and super-discreet. Perfect for a mid-meal touch-up at that hot new restaurant you've been meaning to go to for ages. Forget leaving the table to powder your nose, this is one foundation we want to show off. Just don't be surprised when the girls turn up with one at the next round of cocktails...

4. You'll be the leader of the pack

Let's be honest, when we discover an amazing addition to our beauty arsenal, part of the fun is parading it in front of everyone we know. And with one of the best shade ranges we've seen in a while, this is a foundation we can actually recommend to all our gal pals. Did we mention it's refillable? No need to panic when it inevitably runs out (well, when you love something this much, you use it every day), just keep the compact and pop in a refill – after all, eco-friendly is so hot right now.

5. You can use it to make blemishes disappear

Not just an amazing base, Lancôme's Miracle Cushion has a secret alter-ego – it's also your new emergency cover-up. It's subtle, discreet, and it really works: all you need is a quick dab to instantly refresh your look. Sorry blemishes, you've officially been banished. Our top tip? Use it everywhere. Cover up everything from pesky mosquito bites to bruises for perfect-looking skin that'll last right through those post-work alfresco glasses of fizz. Gorgeous.

FREE MAKE-UP LESSON

Stop by your nearest Lancôme counter to find your perfect shade and receive a complimentary make-up lesson. Check out Miracle Cushion in action with Lancôme's Creative Director on YouTube at LancomeUKIreland.

LANCÔME
PARIS





WE LOVE YOU SUMMER. But sunburn, prickly heat and hair frizz... not so much. Here's how to dodge some of those hot-weather horrors

Q Is there any way to fill in tan lines?

Yes, but you have to be artful about it. It's a case of sweeping over with instant tan to lessen the contrast, then filling in with make-up. SiennaX Instant Bronzing Gel (£10.79, feelunique.com), has great blendability, but tanning expert James Harknett advises priming the skin first with moisturiser. 'Usually this goes against the golden rule – on developing tans, moisturising causes streaks, but with instant formulas it helps the product go on better,' he says. Now for the fiddly bit. Powder bronzers are great at filling in strap lines, just choose a shimmer-free one like Tom Ford Bronzing Powder in Terra (£68, selfridges.com). Draw it in with a small, flat make-up brush, then blend with an angled make-up sponge like Real Techniques by Samantha Chapman Miracle Complexion Sponge (£6, beautymart.com). It's a faff, but better than dodgy strap marks.

Can I still sunbathe without making my hyperpigmentation worse?

'The simple answer is no,' says top dermatologist Dr Stefanie Williams. 'Sun exposure will worsen the condition – one day of excess sun can literally undo months of anti-pigment

treatment.' That means head firmly in the shade or under a super-stylish wide-brimmed sunhat. You can't even kid yourself with sunblock, as it's simply impossible to block 100 per cent of UV light. 'Good over-the-counter ingredients are kojic acid, azelaic acid and arbutin, which partly inhibit tyrosinase, the enzyme that produces melanin pigment in our skin,' says Williams. 'And both retinol and retinaldehyde have an exfoliating and skin renewal effect to shed existing pigment a little quicker.' Perhaps not what you wanted to hear, but there's always Hourglass Illusion Hyaluronic Skin Tint (£45, spacenk.com) – it plumps, evens skin tone and gives a genuinely gorgeous sunbaked glow.

I love hot holidays but have a real problem with prickly heat. What can I do?

Prickly heat, or sweat rash, forms when sweat ducts get blocked and sweat gets trapped. This causes inflammation, seen as red, raw bumps. Short term, keep Caudalie Grape Water (£6, ukcaudalie.com) in your hotel room fridge – it's a skin-soothing miracle. Then, after a day in the heat, Herborist After-Sun Crackling Mousse (£24.95, herborist-international.com/en) contains wild chamomile to bring down swelling. For permanent action, Dr Rita Rakus is the only Sweat Smart Clinic in London and you can be referred by your GP. Her clinic offers a variety of solutions like miraDry – zaps of controlled electromagnetic energy to the armpit area, eliminating sweat glands. While sweating is an essential body function for temperature control, the underarms house less than 2 per cent of the body's sweat glands.

Do people really wear make-up on the beach?

They do, but it's a very different approach. Pack a few products in your beach bag that solve multiple issues: a bright, sheer lip colour with buildable pigment that can also be dotted on cheeks – Charlotte Tilbury Colour Of Youth Lip & Cheek Glow (£40, charlottetilbury.com) is an winner – a waterproof mascara and something to put on your face to make you look finished. Stila Aqua Glow Perfecting Primer (£20, stila.co.uk) looks lovely on its own – it hydrates, shrinks pores and reduces heat-induced puffiness, while aloe extract protects against free radicals and repairs UV damage.

I can never get an even tan on my legs – any tips?

Four words. Bespoke Sun Cream Application. Stay with us on this – it's a method we swear by. Use your usual SPF50 on the face; then SPF30 on your torso. Thighs tan better than calves, so use SPF20 from thighs to knees then SPF15 for calves and ankles. Feet have a high tanning ability, so back up to SPF20 on those. Also worth their weight in bronze are Imedeen Tanning Tablets (£40 for 60, lookfantastic.com) as they'll increase your depth of tan. Lastly, Lancaster has a genius new Fast Tan Optimizer (£24, debenhams.com) that helps you tan better as well as providing SPF protection.

I have really thin hair and always seem to get a sunburnt parting. What can I do?

Here's something you didn't expect: Elizabeth Arden Eight Hour Cream (£26, elizabetharden.co.uk) is amazing as a scalp after-sun. It calms itching, soothes redness and stops the dreaded flaking. Apply it neatly with a clean eyeshadow brush along your hairline and parting and it won't even ruin your hairstyle. It's better not to get frazzled in the first place though, so next time take Redken Colour Extend Sun Take Cover SPF25 (£16.85, redken.co.uk)with you. It's a mousse-formula hair and scalp sunscreen that you run through with your fingertips, and it has the bonus of giving your roots body.

How do I stop my hair becoming a frizzy mess?

We hear you. You spend the day blissfully presuming your hair has dried into beachy Gisele waves but glancing in the mirror later, you realise you look like a crazy person. A great solution is to keep hair looking wet. Comb Philip Kingsley Elasticizer (£29, philipkingsley.co.uk) through with a wide-toothed comb. It looks ultra-glamorous slicked back with glossy ridges (very Ursula Andress), and the oil base stops hair from frizzing. After enduring sweat, sea, sand and a full day's mask, you'll find your hair needs a proper wash. TIGI Bedhead Totally Beachin' Cleansing Jelly Shampoo and Mellow After-Sun Conditioner (£11.95 and £13.95, both lookfantastic.com) combat frizz but still leave your locks soft and floaty like it's air-dried all by itself.

Why does insect repellent ruin nail varnish?

Insect repellents contain a high concentration of alcohol, solvents and oils, much the same as you'd find in nail polish remover. Be on the lookout for DEET, the most common ingredient, also ethanol or propanol are commonly used as a base for aerosol bug repellents. 'If you want to avoid ruining your manicure but stay protected against bugs, use a lotion intead,' suggests Deborah Lippmann. 'When applying, be careful to avoid your nails as anything oily or greasy can cause nail colour to wear away quicker.' If you've chipped your nails, dab a bit of polish remover, like Deborah Lippmann The Stripper (£17, lookfantastic.com) on your fingertip and smooth the ridge lightly where the chip is, then allow it to dry. 'For larger nicks,' she says, 'take your colour and lightly dab into the chip – resist the temptation to smooth it out over the nail, as this typically amplifies the appearance of the chip.'



1 Colour Extend Sun Take Cover SPF25, £16.85, Redken (redken.co.uk) **2** Aqua Glow Perfecting Primer, £20, Stila (stila.co.uk) **3** Elasticizer, £29, Philip Kingsley (philipkingsley.com) **4** Instant Bronzing Gel, £10.79, SiennaX (feelunique.com) **5** After-Sun Crackling Mousse, £24.95, Herborist (herborist-international.com/en) **6** Bed Head Totally Beachin' Mellow After-Sun Conditioner, £13.95, Tigi (lookfantastic.com) **7** Eight Hour Cream, £26, Elizabeth Arden (elizabetharden.co.uk) **8** Illusion Hyaluronic Skin Tint, £45, Hourglass (spacenk.com) **9** Bronzing Powder in Terra, £68, Tom Ford (selfridges.com) **10** Fast Tan Optimizer, £24, Lancaster (debenhams.com)

WORDS BY JESS LACEY PHOTOGRAPHS BY JASON LLOYD-EVANS, ALAMY. DR STEFANIE WILLIAMS IS MEDICAL DIRECTOR AT EUROPEAN DERMATOLOGY LONDON (EUDELO.COM)

FREE GIFT

SUMMER SKIN MADE SIMPLE



A free L'Occitane Almond Velvet Balm and Almond Supple Skin Oil for every reader



We've teamed up with one of our favourite beauty brands to offer you a free luxury travel-sized 15ml Velvet Balm and Supple Skin Oil from L'Occitane's award-winning Almond range.

A firm favourite with celebrities and beauty insiders alike, the Almond Supple Skin Oil is formulated with more than 50 per cent almond oil. Thanks to the perfect balance of almond and camelina oils (rich in omegas 3 and 6) this body oil leaves the skin feeling nourished and supple, and looking firmer and tighter.

The new Velvet Balm targets five signs of aging: dryness, skin slackening, lack of muscle tone, fine lines and skin pigmentation with its concentration of active ingredients derived from almond trees. These plant cells promote the production of collagen and elastin in the body, which help to tighten and firm the skin. This super-rich balm leaves skin feeling wonderfully soft and silky, with a delicate powdery scent.

DON'T MISS OUT

To get your hands on these products simply fill in the voucher on this page and take it to your nearest L'Occitane boutique before 5 August 2015. To find the one closest to you, call 0800 368 9000 or visit loccitane.co.uk/stores.



InStyle



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By supplying your details you will become a L'Occitane VIP. This entitles you to receive invitations to VIP-only events, previews of new products and exclusive offers. L'Occitane will not pass on your details to any other company. If you do not wish to become a VIP and receive offers from L'Occitane by email or post, please tick here ☐

Offer is subject to availability. Terms and conditions apply.

L'OCCITANE
EN PROVENCE

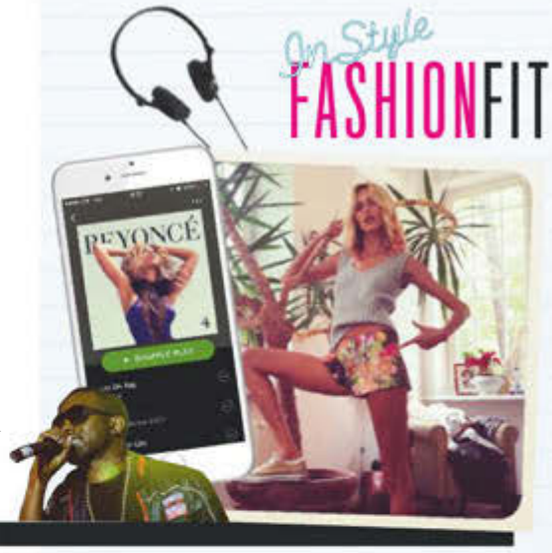
TERMS AND CONDITIONS 1. The offer is valid until 5 August 2015 only, while stocks last. 2. Offer entitles the bearer to a free Almond Velvet Balm 15ml and Almond Supple Skin Oil 15ml at L'Occitane boutiques in the UK and Ireland only. 3. Offer excludes the following boutiques: Bicester Village, Cheshire Oaks, Portsmouth, Kildare Village, all department stores, airport stores and any other independent L'Occitane stockists. 4. Offer subject to availability. 5. Offer cannot be used in conjunction with any other offer, cannot be exchanged for cash and no alternative product can be chosen. 6. Only one voucher and one product per customer. 7. Photocopied, damaged, defaced or incomplete vouchers will not be accepted.



MY FITNESS RULES

Anja Rubik

The super and runway queen lets us in on the secrets behind that killer bod





SPIRULINA POWDER
£11.99, Organic Burst (ocado.com)

'I MAKE A LOT OF SHAKES AT HOME. My kale shake is insane! It's kale, coconut water, coconut milk, raw almonds and a date. It's really high in iron but tastes like caramel. Because I'm vegetarian, I'll add spirulina for extra protein. I don't believe in fad diets though – that's a big no-no for me.'

'RIGHT NOW I'M REALLY INTO BOXING, which I do with my trainer, Mike. When I met him, I explained that I wanted to change my body and he said the best way is to work with weights. I started to see results quickly, but you shouldn't start doing weights without a trainer because you can hurt yourself really easily. I use 6kg weights and do between 8 and 12 reps in sets of three.'

'I ALSO DO A KIND OF DANCE ROUTINE with a lot of Vinyasa yoga – it's called Body by Simone. It's a very fast-rhythm yoga. The only thing I don't do much of is cardio. I have such a hectic life, I feel like I'm kind of running everywhere anyway!'

'I DO LIKE MY SHOES TO POP when I work out, like a bright orange Nike trainer. But I don't look very glamorous when I train. I don't wear crazy colours, just black and grey.'





PERFUME
Original by Anja Rubik Eau de Parfum, £60 for 50ml, Liberty (liberty.com)

VEST
£20, Nike (nike.com)



TRACK PANTS
£35, Nike (nike.com)

GUCCI S/S 2014

TRAINERS
£125, Nike (nike.com)



'I'VE GOT A PLAYLIST on my phone – it's called 'Run' and has Beyoncé and Kanye West on it, but also Rammstein, which is heavy metal, and Ludovico Einaudi, which is classical.'

'I LOVE WEARING A SPRITZ OF PERFUME after leaving a class. I've just created my own, called Original by Anja Rubik. I like scents to be fresh but sexy. It's full of lilies, green tea, amber, pink peppercorns and thyme.'

'THE WEIRDEST EXERCISE I'VE EVER DONE is Bikram yoga. The idea of sitting in a heated room with lots of people and sweat flying all over the place is so strange to me!'



COCONUT OIL
£5.77, Raw Health (amazon.com)

'I THINK ELLE MACPHERSON LOOKS AMAZING and Christy Turlington has beautiful skin. I like a healthy sporty look rather than a six pack. I think it's more feminine to have a little bit of something there.'

'AFTER A LONG WORKOUT, I love to hit the sauna for ten minutes because it really relaxes your muscles. Then I take a cold shower – cold water is great for cellulite. If I know I'm going to go into the steam room, I'll put a little bit of argan oil in my ponytail and coconut oil on my skin. I buy the stuff you use for cooking because it's the most natural and feels amazing.'

INTERVIEW BY GEORGE DRIVER. PHOTOGRAPHS BY REX FEATURES, ALAMY, JASON LLOYD-EVANS, INSTAGRAM/ANJA RUBIK. STILL LIFES BY PIXELEYES

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I've been the same shade of red for years, but it's time to change it up. Hello, Golden Blonde! Looks so natural, I almost forgot I was a redhead!

COLOUR SO NATURAL LOOKING,

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nice'n easy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk

10 WAYS TO

LOOK GOOD (ALMOST) NAKED

Blame it on Kim K. Blame it on Instagram beach pics. But these days, it feels like there's a whole lot of pressure to look good *sans* clothes



1 SHINE ON

Always start with your legs. Charlotte Tilbury used her perfectly shimmering Supermodel Body (£45, charlottetilbury.com) on Miranda Kerr's flawless legs at Cannes this year, and a thigh-high slit never worked it so hard.

2 FIGHT THE CELLULITE







Even Victoria's Secret's models have cellulite. 'I think we all do,' Elsa Hosk said recently. Carita's Cinetic Body Treatment (£65 for 45 minutes) combines LED, micro-currents and ultrasound. Visit carita.co.uk to find your nearest spa.

3 SMOOTH AND IMPROVE



Forget expensive shaving creams – Neal's Yard Remedies Organic Virgin Coconut Oil (£9, nealsyardremedies.com) gives you silky, rash-free skin with no need to moisturise afterwards. Got ingrown hairs? The phytic acid in Shaveworks' The Cool Fix (£25, uk.spacenk.com) dissolves dead skin cells so trapped hairs can come through. If you don't want to shave, try The Iluminage Touch (£375, boots.com), which promises to remove 94 per cent of hairs within seven uses.

4 BRING UP THAT BOOTY

Red algae's cell-renewing properties make it worth diving deep for. Not heading to the Red Sea any time soon? Try Elemis Targeted Toning Tightener (£95 for an hour), which contains this genius ingredient and tones areas likely to sag. The result is taut, toned skin (to find a spa, visit elemis.com). Or use the Mio Body Brush daily to get your blood flowing and give your booty some real bounce (£38.50, mioskincare.co.uk).





5



TWO-MINUTE TONE UP

Find one thing you like fitness-wise. Brit model Lily Donaldson is a self-confessed gym-phobe but makes herself do planks every day to keep her stomach flat. 'I wouldn't say I'm great at it – two minutes is probably my max – but a tip is to stick your iPad underneath you and watch something, as it kind of distracts you. Not suggesting a whole episode of *Breaking Bad* or anything, but just a little a day makes a difference.'

6

GET GOOD AT FAKING IT

What gives the fake tan game away? It's the wrists, elbows, knees, ankles and other fiddly bits. The Bronze Buffer Self-Tan Remover (£10 for two, thisisbeautymart.com) is a super-dense, star-shaped sponge with just the right level of abrasion to remove excess tan without disrupting your base. Wet it, wring it out and work it into those tricky areas.



7

BYE-BYE BRUISES

You're all leggy loveliness, and then you walk into the furniture and up pops a bruise. Well, HealGel Body (£39.50, healgel.co.uk) has been developed by plastic surgeons to calm and regenerate damaged skin. Follow with Givenchy Bonne Mine Powder Spray to get pins back to perfect (£38, 01932 233824).

8



GET HAPPY

Restore your body confidence with the aromatherapy oils in This Works Energy Bank Body Makeover (£32, thisworks.com). Rosehip oil fades scars, almond makes skin gleam, and ylang ylang and geranium kick your synapses into gear. Strutting around your bedroom in the altogether is highly recommended.

WORDS BY JESS LACEY. PHOTOGRAPHS BY JASON LLOYD-EVANS, INSTAGRAM/ELSA HOSK, LILY DONALDSON

9

FLASH IN A CAN

Why does it seem we're always tanning in a rush and attempting to get dressed minutes later? St Tropez tanning expert Jules Heptonstall had exactly the same issue with models arriving late backstage at the House of Holland s/s 15 show, and employed this sneaky tip. 'Use the reverse of the tanning mitt to pat the lotion in and to help it to dry on the skin,' he says. 'Backstage, we turn on our tanning guns and let the air flow over the models' bodies to speed up the drying process. You can do this at home with a hairdryer on the cold setting.'

10 MEET THE FAT MELTER

Billed as the most potent fat-dissolving molecule around, forskolin is the newest, toughest fat-burner on the block. Try it as a supplement or slather on Cellulence Anti-Cellulite Cream (Phase One and Phase Two creams, £250, lipotherapeia.com). This kind of potency doesn't come cheap...





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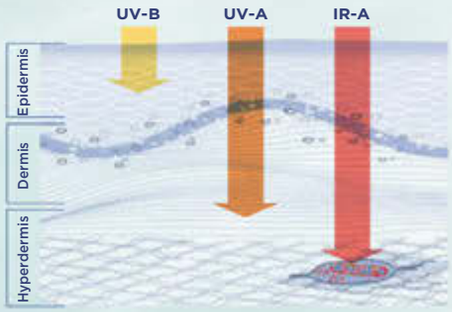


Diagram showing the sun's rays penetrating your skin.

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life style

EDITED BY
EMILY DEAN



A LIGHTHOUSE HOTEL in the wilds of Iceland; the food guru keeping the A-list thin; festival eats; plus ***80s-inspired hits*** for your home

PHOTOGRAPH BY ALAMY





ADD SOME SPARKLE

Summer's here, and we've teamed upwith SodaStream to help you make your own delicious, healthy drinks full of bubbles

Let's set the scene. You've woken up to an unexpectedly glorious sunny day and, to make the most of the weather, you've asked some friends over for drinks in the garden. But all you have in the fridge is a bottle of flat tonic water – not exactly what you had in mind. No need to panic. In emergencies like this, you can have bubbles at the ready, thanks to SodaStream.

SodaStream will transform tap or mineral water into sparkling drinks in seconds – just add a handful of ice and some fresh fruit to infuse it with juicy flavours. Having sparkling water on tap can be a more tempting way to get your daily eight glasses of water as research shows that Brits drink over a litre more fizzy water than the still kind every day. And the beauty bonus is clearer skin too. Try these simple ideas to make your glass of fizz even more irresistible.

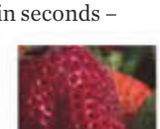




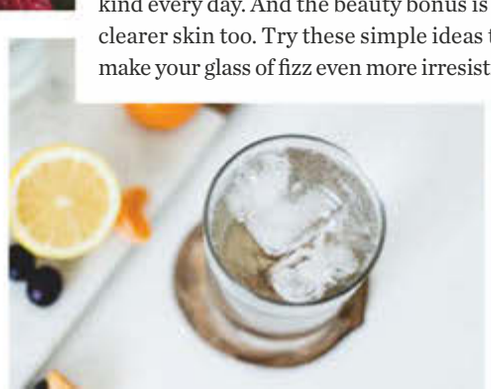














HYDRATION INSPIRATION

GIVE WATER A FLAVOUR BOOST WITH THESE FRUITY IDEAS





THE VERY BERRY

Mix up a few fresh raspberries and blackberries with ice in a large jug of SodaStream sparkling water for a fruity flavour to share with the girls.

THE ENGLISH GARDEN

Herbs are the latest twist on flavoured water. Try adding a sprig of rosemary and a squeeze of grapefruit for the perfect BBQ beverage.





THE COOLER

Transform sparkling water into something extra-special to serve to garden party guests by adding some sliced stawberries and a few torn mint leaves for flavour. It's a bit like a non-alcoholic Pimm's.

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CHIC RETREAT

The Lighthouse ICELAND

Want to go somewhere ridiculously romantic and dreamily windswept? Maxine Eggenberger spends a fabulous weekend inside a luxe lighthouse









WHAT, AN ACTUAL LIGHTHOUSE?
Yep, steal away to your own private lighthouse, a two-hour drive from Reykjavik. It's on top of a cliff, natch, with incredible views.

SO, WHAT'S IT LIKE INSIDE?
Very Scandi-cool. Washed-wood panels, slouchy sofas, cashmere throws. We loved the shearling-heavy bedrooms and power shower heated by volcanic water.

IT SOUNDS VERY CHIC
Oh, it is. All dove-grey hues with pops of bright orange. And at the top you'll find the glass lantern, which beams out to sea – it really is a thing of beauty.

THIS IS ICELAND, SO LOTS OF FISH, I IMAGINE?
Hell, yeah. We ate everything from oysters to langoustine. But if fish isn't your thing, the chef is more than happy to whip up other Icelandic treats. Puffin, anyone?

IS IT REALLY ISOLATED?
Literally miles away from the next house. If a sound sleep is what you crave, you'll certainly get it here.

The sun begins to rise at around 3am though, so get an early night.

SO WHAT DO I DO OUT THERE?
Reynisfjara's black-sand beach is a stone's throw away – head down with a bottle of bubbly at dusk. Or visit one of the nearby waterfalls or go for a horse ride.

DO I NEED TO LAYER UP?
Even in summer, Iceland is cold. Pack decent walking boots and a padded parka. We guarantee you'll never appreciate a hat, scarf and gloves more...

ANYWHERE ELSE I SHOULD GO?
Take a heli tour like the celebs (our pilot had cool Will Smith stories) and head to Laugarvatn Fontana spa – the badass among you might even take a dip in its icy lake.
The Incredible Stopover from Icelandair includes one night at The Lighthouse, one night in Reykjavik, activities. From £2,010 per person (excluding flights) Icelandair.com/stopover.





IF YOU LIKE THE SOUND OF THIS

YOU'LL ALSO LOVE...

The beachside yurt at **FINCA DE ARRIETA** in Lanzarote.

The panoramic views and whippy ice creams on offer at **THE OLD CLUB HOUSE** in St Helens, Isle of Wight.

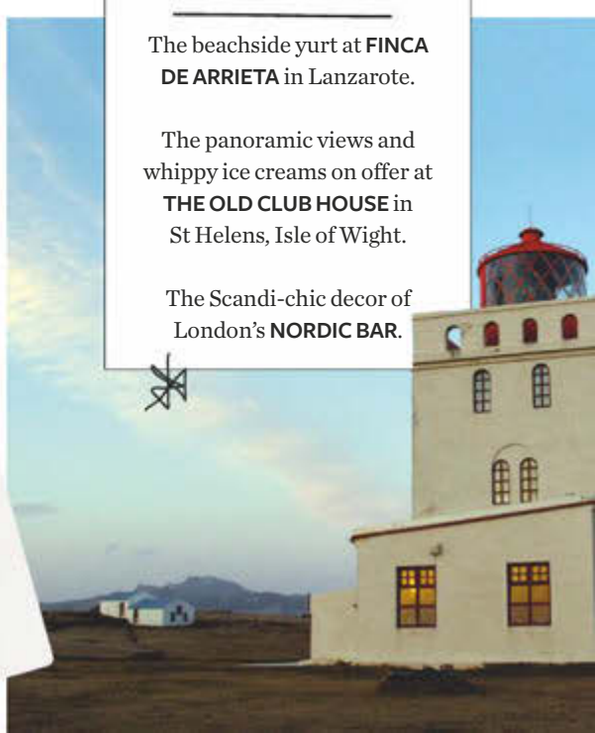
The Scandi-chic decor of London's **NORDIC BAR**.











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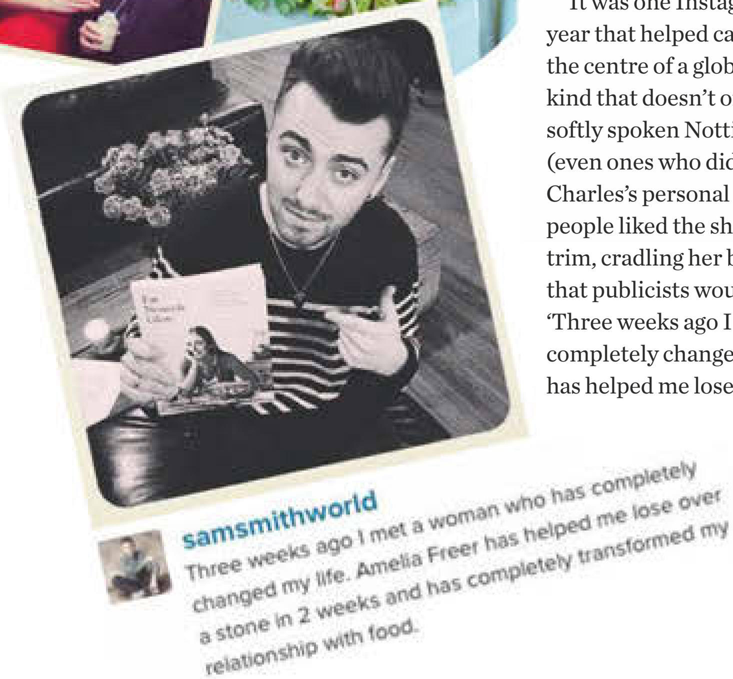




She's the nutritionist everyone's talking about (thanks to @samsmithworld). Emily Dean meets food guru Amelia Freer







It was all going so well with Amelia Freer, the most sought-after celebrity nutritionist in the world. We'd met for breakfast at the tastefully chic Daylesford Organic cafe in Notting Hill, the sort of place frequented by ladies wearing Stella McCartney yoga pants, swishing enviably sleek ash-blonde ponytails. I'd been silently scrutinising Amelia's skin to work out which miracle beauty flash balm she was wearing until I realised that crazily glowing epidermis was all model's own. We'd chatted over fluffy scrambled eggs, which she'd requested be made with 'no cream or butter', and she'd even inspired me to have an apple, cucumber and ginger smoothie. 'But you do know that's your two teaspoons of sugar for the whole day right there? Sorry sweetie!' And then I went and mentioned the F-word. 'Fizzy drinks! You drink fizzy drinks? Argh! Honestly? I never lecture people, but you might as well go and drink the poison in your kitchen sink cupboards,' she tells me. Now was not the best time to bring up my Krispy Kreme addiction.

It was one Instagram post earlier this year that helped catapult Amelia Freer into the centre of a global media frenzy – the kind that doesn't often happen to discreet, softly spoken Notting Hill nutritionists (even ones who did once work as Prince Charles's personal assistant). Over 150,000 people liked the shot of Sam Smith looking trim, cradling her book alongside a caption that publicists would pay thousands for: 'Three weeks ago I met a woman who has completely changed my life. Amelia Freer has helped me lose over a stone in two weeks'. The *Today* show in America called to get her over for a slot, her glossy eating manual *Eat. Nourish. Glow.* sold out and everyone wondered: just what is her secret?

Even before Sam's social media worship of her, Amelia Freer was the eating guru spoken about in tones of hushed reverence. She was the woman who had whittled Boy George's frame down by four stone, and helped James Corden get trim for his American TV debut. But it was the global fascination with Sam that truly turned her into a star who's now so in demand she's had to close her waiting list. Disappointingly she says, 'I'm really sorry, I just don't ever gossip about my clients,' but it's intriguing that it's the boys outing themselves as Freer fans. Do men find it easier to diet than women? 'I don't agree with that. Both sexes can have complicated body issues, I just think women might be a bit more sensitive and private about weight loss. But you have to remember it's not a magic wand I wave – I just help people gradually change their whole approach to food.' I tell her a lot of my male friends have done incredibly well on the 5:2 diet and, crucially, have stuck to it. I can't help but feel men have a slightly less emotional relationship with food, perhaps because they're more solution driven. But she's less sure about the 5:2 long term. 'Look, the 5:2 is backed up by a lot of excellent science, and fasting is good for the body. But I don't like the concept of calorie counting. I see people on that diet eating absolute rubbish on their non-fasting days, so they're not really addressing their relationship with food. There's still this idea that you're in danger of "falling off" and failing – I don't like that, it's negative.' ▷

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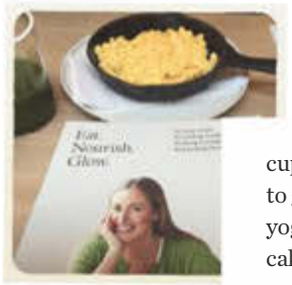


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What she says makes sense, but none of it is particularly revolutionary to be fair: sugar is bad, snacks are bad, drink more water, eat more vegetables and don't eat out of packets. As James Cordern says, 'Don't eat cake, don't eat bread – it's not rocket science'. So what is her dieting secret that changes people's lives? She laughs slightly despairingly at the suggestion that there's any secret. 'I try and pull people back from being faddy. It's being conscious about every mouthful, and making everything from scratch. And treating eating as a priority in the way you find time for the gym or our friends. Why would you not find time for your body in the same way?'

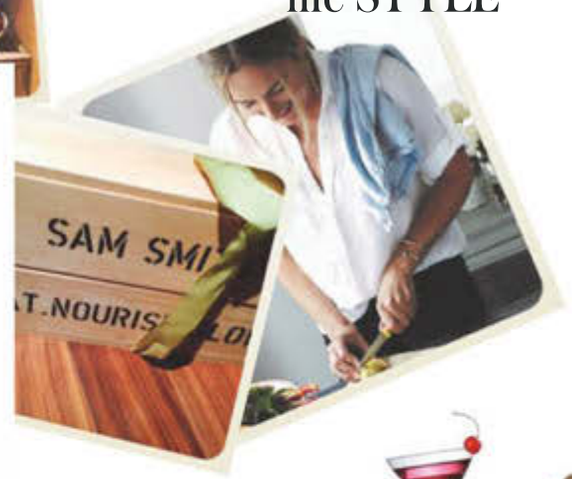
Her Instagram feed is a steady stream of food porn that makes healthy food look as tantalisingly delicious as junk food: a creamy raspberry breakfast pot is actually made from coconut yoghurt. Or a hangover sandwich that looks worthy of a New York deli, but is really just avocado and spinach on buckwheat.

Amelia's also hit that sweet spot where Brits seem to be morphing from wannabe New Yorkers – accessorising with a skinny muffin and double cappuccino – into wannabe Californians. It's now hot to work out, obsess over courgettes and 'eat clean'. 'I've seen a big shift in the younger generation. People I work with in the music industry don't drink, they do triathlons and drink smoothies – it's become sexy to be healthy and take care about what you put in your body.' The process Amelia goes through is 'totally individual, I couldn't give you a typical plan', but she generally starts by doing a Watergate-style sweep of their cupboards, chucking out foods that 'need to go', like margarine, breakfast cereals, yogurts and – no s*** Sherlock – biscuits, cakes and sweets. These are replaced with protein ('every meal should contain it'), salads and vegetables, a dairy alternative like coconut milk, brown rice and good quality coffee. And then the teaching begins, to help them make food they want to eat so it becomes a way of life.

She also slowly introduces a no-snacking rule. That includes tea and coffee and even that 4pm apple. But won't you be starving? Her answer to this is: 'Don't be scared of feeling hungry. Most people don't know what hunger feels like any more because we've got so used to the state of being completely full. Being a little hungry and ready for meals is no bad thing.' People's main stumbling block surely is time. Who's going to whip up a pear and prune breakfast bowl with chia seeds when they're running 15 minutes late for work? 'Look I get it, I used to live on ham and cheese croissants before. But think about it – if someone gets pregnant they can't drink or eat certain things. Everyone has the capacity – it just comes down to making that first step.'

I think we've both decided what my first step will be. 'Make one change for yourself today. Go back to the office and pour yourself a lovely glass of sparkling water with some fresh limes squeezed in it.' And strangely I wander into a chain and buy a salad (with a giant chunk of bread, I'm afraid) and find myself reaching for the San Pellegrino over the Diet Coke. Sam Smith would be proud.

Eat. Nourish. Glow *by Amelia Freer (£16.99, Harper Thorsons)*



AMELIA ANSWERS *INSTYLE*'S FOUR BIG DIET QUESTIONS



Do I have to give up alcohol? That's impossible. 'If you like wine, go for red as it's less sugary. Have a small glass, not the goblets they serve now, and savour it. Or have vodka and soda. But look at alcohol as you do food – it's like eating a fattening chocolate bar.'

I can't make my own food during the day. How can I be healthy if I go to chains? 'Don't leave the house without food. Pret does two hard boiled eggs, some salmon and plain spinach, and Crussh has a few options. But taking your lunch to work just becomes a way of life.'

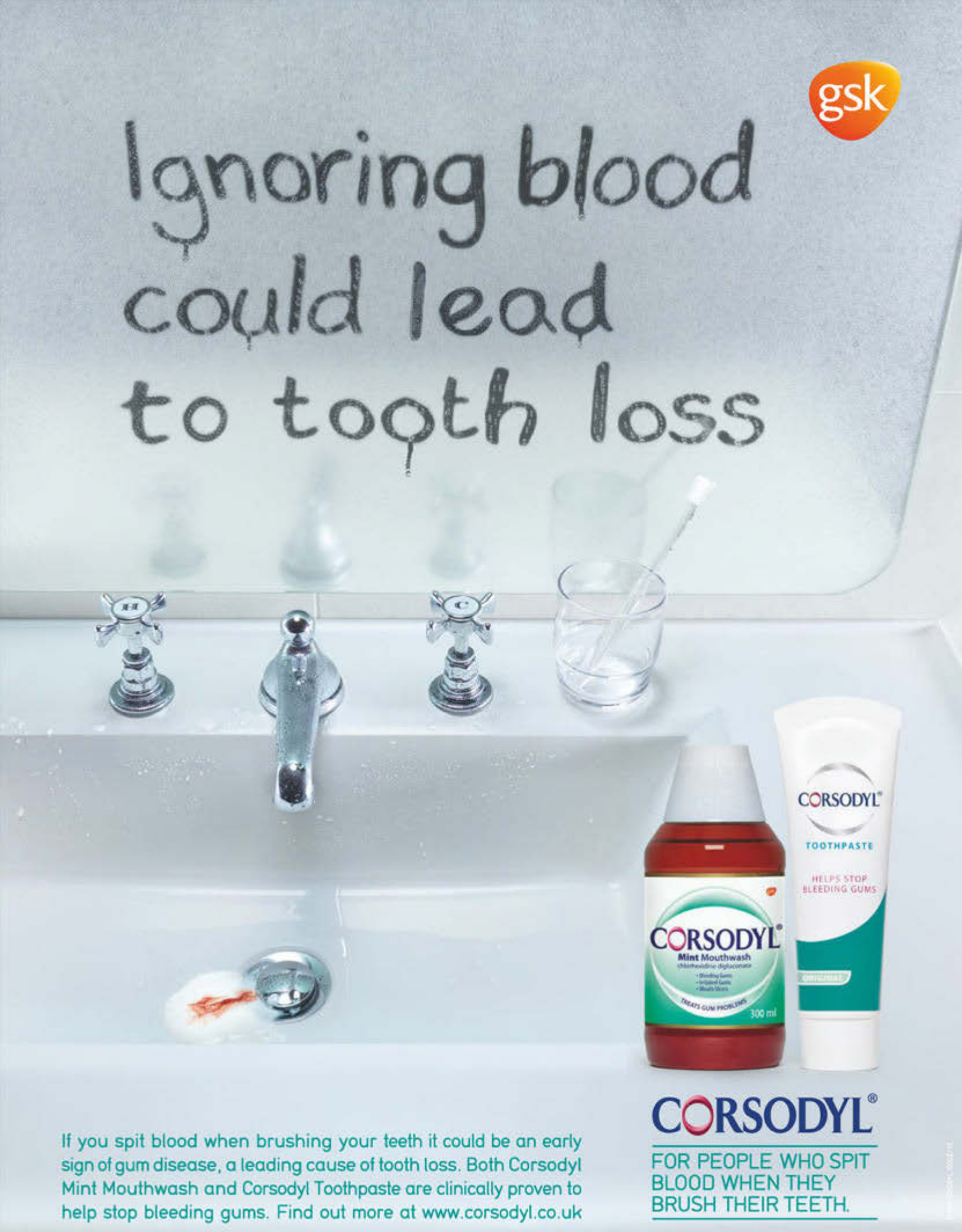
But what about work dinners or lunches I have to go to? 'If you're going to have a treat meal then choose carefully who you share that with. Why would you waste that on work? Your job gets enough of your energy. You shouldn't have to hand over your health and weight too.'

What about coffee? Don't make me give it up... 'Coffee isn't bad, it's all that rubbish chains add to it. Make a ceremony of coffee – I order an organic one from America which is really pure, make it beautifully and enjoy it. Don't just drink coffee mindlessly throughout the day.'

It's now hot to **WORK OUT,** obsess over courgettes and **EAT CLEAN**



PHOTOGRAPHS BY INSTAGRAM/SAMSMITHWORLD AND AMELIAFREER, ALI ALLEN, ALAMY, JASON LLOYD-EVANS, CANDIDA BODDINGTON, GETTY IMAGES



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GO SOCIAL

When the food line-up is this good, it's less about the music and more about this summer's *feastivals*...











JERK CHICKEN AT **LOVEBOX, LONDON**

17-18 JULY

With the motto 'First we eat, then we do everything else,' you know you won't go hungry at this East London hotspot. If you want the glamping equivalent of festival food, head to Kurobuta for tapas-style Japanese delicacies, or Hix for gourmet-rather-than-greasy burgers. Get your taste buds tingling with Mama Jerk's Caribbean street-style chicken, then cool off with a Lickalix fruity ice lolly – some even come with a boozy kick.





CHURROS AND CRUMPETS AT **FESTIVAL NO.6, PORTMEIRION, WALES**

3-6 SEPTEMBER

In the magical land of Portmeirion, you'll find something to satisfy every craving. Carbs? Try Morty & Bob's three-cheese toasted sarnie, Bagel Boy's 'Naughty Boy' with chicken, bacon, slaw and Somerset cheddar, or Pembrokeshire lobster rolls from Café Mor. Sugar? It's all about Los Churros Amigos and Strumpets With Crumpets. More of a #clean than #dirty eater? Goodness Gracious Healthy Foods offers exactly what the name suggests, while Tampopo cooks up guilt-free Thai noodles.









PASTY AND PIMM'S AT **PORT ELIOT, ST GERMANS, CORNWALL**

30 JULY – 2 AUGUST

With a woodland setting, and the park of an ancient stately home and medieval monastery as your backdrop, naturally the food at Port Eliot is equally as opulent. The demonstrations at the Flower & Fodder stage will whet your appetite for a posh pasty and classic cream tea from the Cornish Picnic, while Mark Hix gives childhood faves like fish and chips, and (Pimm's) jelly and ice cream, a classy makeover from his revamped 1970s post van.





CUCUMBER MARGARITAS AT **BESTIVAL, ISLE OF WIGHT**

10-13 SEPTEMBER

For the most instagrammable drinking den, head to Josie da Bank's Jam Jar Bar. Housed inside a 1960s Roma caravan, you'll feel like you're living in the Summer of Love as you sip on lemon- and thyme-infused vodka, and cucumber margaritas. Continuing the hippy vibe, Milgi Lounge aims to educate about vegan food, while WholeFood Heaven is where you'll get your kombucha fix. More sinner than saint? Have the baja fish tacos from Breddos, brisket from SmokeStak and some rad rum ribs from DJ BBQ.



CANNOLI AND CHAMPAGNE AT **WILDERNESS, CORNBURY PARK, OXFORDSHIRE**

6-9 AUGUST

Amid a secret woodland clearing, you'll find banquet-style dining – long wooden tables, hay bales for seats and clusters of melting night lights. One night you can pretend you're in Paris, as Raymond Blanc dishes up summer risotto paired with chilled champagne, and the next indulge in a Sicilian feast with Angela Hartnett – think arancini, cannoli and ricotta biscotti. Finally, hang out with the king of Scandi-cool, Niklas Ekstedt, who uses wood fires to rustle up hay-baked Arctic char.





@TWEETCHLOE

#INSTYLEEATS

WORDS BY CHLOE MAC DONNELL. PHOTOGRAPHS BY ALAMY, GETTY IMAGES, INSTAGRAM/LICKALIXLTD, MAMASJERK, BAGELBOYBRISTOL, MANGEZMOIOYSTER, NIKLASEKSTEDT, BREDDOSTACOS, MILGILOUNGE

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Lamp, £20, Habitat (habitat.co.uk)

Vase, £17.50, House of Fraser (houseoffraser.com)

Dinner set, £12 for 12 pieces, Wilko (wilko.com)

Table, £35, Habitat (habitat.co.uk)

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LOEWE

Bag, £1,495, Loewe (loewe.com)

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Bag, £530, Kenzo (kenzo.com)

COMPILED BY ISABELLA SILVERS. PHOTOGRAPHS BY JASON LLOYD-EVANS

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InStyle

AUGUST PICKS

1



Gusti Leather "Harvey" Travel Holdall (£58)
Smart and spacious vintage inspired travel bag made from ethically sourced Indian goatskin. The perfect companion for summer trips and weekends away!
Many more products available at www.gusti-leather.co.uk

2



Designed to complement their range of hammam towels, sorbet's beach clutch bags are simple and stylish zip-up pouches with lots of pockets and a handy detachable coin purse. Perfect for keeping the sand away from your essential gadgets while on the beach. £25 and available in 6 'fizzy' colours.
Tel: 020 7627 8942 or visit www.sorbetltd.co.uk

3



The Liberty Bracelet by Merci Maman (From £29).
Choose the message of your choice, the Merci Maman team will hand-engrave it for you in their London studio.
www.mercimamanboutique.com

4



This exquisite Greek goddess headband is what you've been waiting for all your life, even if you didn't know it.
It's promised to get you into a fantasy dreamy mood and by putting it on turning you officially into a goddess.
24K gold plated.
www.mecori.com

5



Hay Fever? HayMax™ allergen barrier balms are drug-free and proven to trap more than 1/3 of pollen before it enters the body when applied invisibly to the rim of the nostrils. Suitable for everyone including pregnant women & kids. 36 Awards!
Boots, Waitrose, Holland & Barrett, Morrisons, Booths & independent pharmacies.
haymax.biz (01525) 406600

6



Tropic believes that you deserve healthy, gorgeous, glowing skin all year round. Their natural tanning range uses intelligent plant melanin and actives which are clinically proven to give you the best streak-free, natural and golden tan for your skin type.
www.tropicskincare.com

7



So, you have worked super hard all year and your bikini body looks freakin' fabulous. Here's your piece of art to rock on the sands this summer. Shop Blue Lagoon (£30- £50). Comfort always meets style with Dharexclusive.
https://marketplace.asos.com/boutique/dharexclusive-swimwear
www.dharexclusive.com.au

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PHOTOGRAPH BY
JACK CLARK

GUCCI SLIPPERS

These are totally bonkers but – guess what? – that's why we love them. A little bit Chewbacca, with a shot of shih-tzu, they've already killed it on Twitter and Instagram. Do you actually dare wear them on Britain's mean streets though? Hell to the yes!

Leather and fur slippers, £1,230, Gucci (020 7235 6707)

WORDS AND STYLING BY AMY BANNERMAN


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